

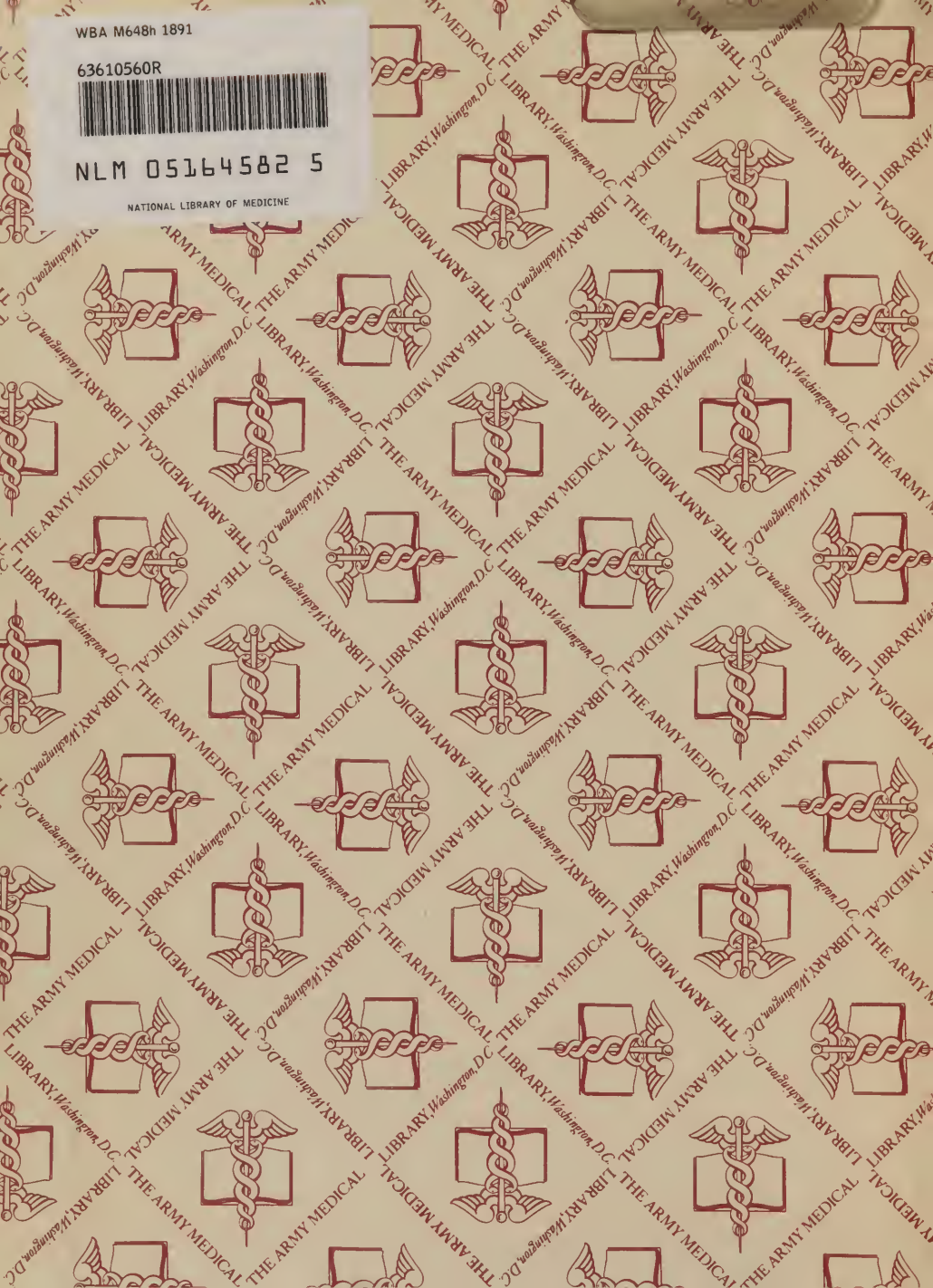
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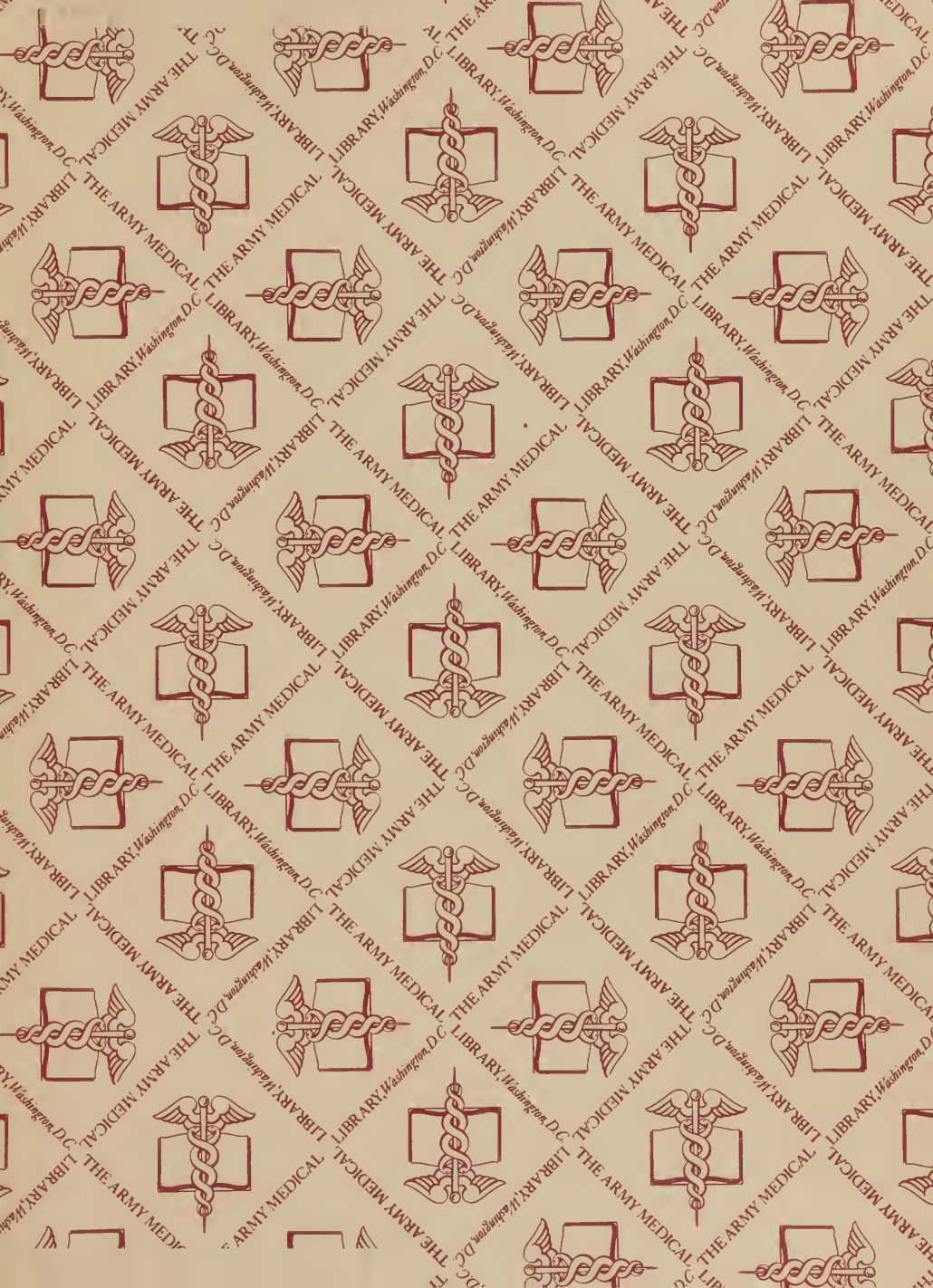
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MILLER'S HOME GUIDE.

A PLAIN AND PRACTICAL HAND BOOK

ON

HEALTH AND DISEASE.

HOW TO LIVE, DRESS AND RETAIN HEALTH.

HOW TO PREVENT AND CURE DISEASES.

BY

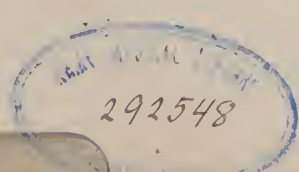
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CHICAGO

1891.



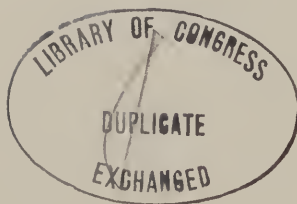
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PREFACE.

All persons possessed with ordinary common sense ought to be acquainted with the medical art. As health is the most precious of all things, and is the foundation of all happiness, the science of protecting life and health is the noblest of all, and most worthy the attention of all mankind.

It would be highly advantageous to the public and likewise to the best part of the medical profession if the predispositions and occasions of disease were made a portion of the education of every person who receives instructions in the public schools. No science lays open a more extensive field of useful knowledge or affords more ample entertainment to an inquisitive mind.

We do not mean that every person should become a physician. This would be an attempt as ridiculous as it is impossible. All we plead is

that persons of sense and learning should be so far acquainted with the general principles of medicine, hygiene and good nursing, as to derive from them some of those advantages with which they are fraught, and at the same time to guard themselves against the destructive influence of ignorance, superstition and quackery.

I know that it will be said that diffusing medical knowledge among the people might induce them to tamper with medicine, and to trust to their own skill rather than to call a physician. The reverse of this, however, is true. Persons who have most knowledge in these matters are commonly most ready to both ask and follow advice,—WHEN IT IS NECESSARY. The ignorant are always most apt to tamper with medicine, and have the least confidence in physicians. Instances of this are daily to be met with among the ignorant while they absolutely refuse to take medicine which has been prescribed by a physician, will swallow with greediness anything that is recommended to them by their credulous neighbors.

No law will ever be able to prevent quackery while the people believe that a quack is as honest a man and as well qualified as the physician. A very small degree of medical knowledge however, will be sufficient to break this spell, and nothing else can effectually undeceive them. It is

the ignorance and credulity of the multitude with regard to medicine which render them such an easy prey to every one who has the hardiness to attack them on this quarter. The most effectual way to destroy quackery in any art and science is to diffuse a knowledge of it among mankind.

We have not incorporated into this work anything which we did not conceive to be of profit or value. Many things are necessary to the sick besides medicine, nor is the person who takes care to provide for them of less importance than the physician. The poor oftener perish for want of proper food and nursing than medicine.

The physician may be called, and may prescribe intelligently, but his patient may die simply because there was no one present who could intelligently, follow his directions.

It is our aim to give the readers of this book a certain amount of correct information relative to the principles and precepts of medicine hygiene and good nursing. When a surgeon performs an operation he may lose his case because his patient may be too ignorant to understand the importance of directions given, and as a consequence slights them or neglects to follow them at all.

In the case of an emergency, as a cut, broken bone, a bite, burn or scald, every one should know what to do.

There has been no lack of effort to render this work as correct, useful and satisfactory as possible, by extensive research and a comparison of many authorities. In furthering this idea we have not hesitated to make free use of the opinions and writings of the best men of Europe and America.

We have had constantly in mind the desirability of clothing our remarks in as simple a form as possible, with this object in view the manuscript was submitted for criticism to several persons of good judgement.

This work is herewith presented to the public, trusting that it may be written in so plain a manner as to be readily understood by every one.

THE AUTHOR

CHAPTER 1.

TEMPERANCE IN FOOD.

As perfect health is the greatest earthly blessing we can enjoy, without which all other blessings are of little consequence, I deem it of the first importance to point out the means of promoting it, by paying proper attention to which, persons who are born with and enjoy a good constitution, will attain a healthful and long life. These means hold forth the doctrine that regularity and temperance in all things are highly conducive to health and happiness, and that irregularity and intemperance bring their votaries to an untimely grave.

The powers of life may be compared to the oil in a lamp, in time it is exhausted, when exhausted, darkness and death close the drama.

“Temperance is a kind of REGIMEN, under which every man may put himself without interruption to

business, expense of money, or loss of time, and may be practiced by all ranks and conditions at any season or in any place." "If exercise assists in throwing off superfluities from the blood, temperance prevents them. If exercise cleanses the blood vessels, temperance neither satiates or over strains them. If exercise promotes a free circulation of the blood, temperance gives nature full play. Cheerfulness and vigor of body are the usual results of temperance." It is much easier to preserve health than to recover it when impaired, and to prevent disease than to cure it.

"O, Temperance," says Sir William Temple, "Thou physician of the soul as well as body, the best guardian of youth and support of old age, the universal mediator of life, the system that clears the head and cleanses the body, that eases the stomach and purges the bowels, that strengthens the nerves, and lightens the eye and comforts the heart. In a word that secures and perfects digestion, and thereby avoids the fumes and winds to which we owe the colic and spleen." So little have the generality of mankind of the virtue of temperance that life with them is nearly one continual scene of intemperance. To what cause so much as intemperance are owing faded youth and premature old age, an enervated body, and an enfeebled mind, together with all that long

train of diseases which the indulgence of appetite and sense have introduced into the world.

ERRORS IN DIET.

This is a fruitful source of ill health among all classes of our people, in fact, indigestion is almost a national disease with us. This results in part from several causes: indigestible food, bad cooking, hurry in eating, insufficient mastication of food, etc., which in this connection applies with equal force to both men and women.

How often do we see young women, especially, who, having no appetite for nourishing and healthful food, constantly crave such things as pickles, salads, candies, nuts, preserves, cakes, or other equally indigestible articles, totally unfit to enter the human stomach. Another cause of trouble and ill-health arises from too frequent use of nerve stimulants, especially tea and coffee. They should never be allowed to the young. They are of no possible benefit, on the contrary, are decidedly hurtful to the nervous system of the young people. Many cases of deranged digestion, sick headache, palpitation of the heart, sleeplessness and other disturbances of the digestive and nervous systems are tracable directly to this cause. They affect the system in the same manner as do alcohol and

tobacco. They differ only in degree, not in kind. They are all poisons; slow acting it is true, yet always baneful in their effects.

The diet should be of a character that will furnish the most nourishment in the easiest form for digestion and assimilation. Fruits, cereals and vegetables are among the most suitable. The cereals are especially valuable. They contain all the elements necessary to the nutrition of the body found in animal food and in a much better form for digestion and assimilation. If less meat were eaten and more fruits, grains and vegetables, there would be much less indigestion, dyspepsia, and bilious disorders, with consequent suffering and ill health. Meat should not, as a rule, be eaten oftener than once a day, preferably at the mid-day meal. Even that is too often in many cases. We now know that meat is generally craved and eaten as a stimulant rather than as a nutriment. As a proof of this, large meat-eaters are more addicted to the use of other stimulants than are those who use it sparingly, if at all.

It creates a desire for other stimulants, such as peppers, spices, and not infrequently for alcohol, wine, beer, tobacco, etc.

Persons whose occupation involves hard labor can eat more meat without serious hurt than any other class; but even here the Scotchman's oatmeal would

be better. Brain workers and persons of sedentary habits should eat sparingly of meat. They can do as much or more work, of better quality, if they live on grains, fruits and vegetables, with the occasional use of animal food in small quantities.

Learn to eat that which will best nourish and strengthen the physical and mental forces without derangement of the delicate processes of digestion and assimilation. How this may and should be done demands the careful study and consideration of our mothers and daughters, as to them falls the duty of providing good and healthful food, and how best to prepare it for family use.

The modern cooking school, is an educator in this line, this badly neglected field, should receive the encouragement and support of every lover of humanity and good health. Many young women think they have learned all that is necessary for them to know of the culinary art if they can bake cake or some other useless, hurtful, or unnecessary article of food. What they need to know is how to select the most suitable articles of food for every day use, and the best and most wholesome method of preparing it, so as to subserve the ends in view; easy digestion, ready assimilation, and proper nutrition of body

“Man should content himself with the products of the fields, gardens and dairy.”

Animal food is productive of much ill, but if rightly used, and under certain conditions, may be of decided benefit. Vegetable is more congenial to the system than animal food. Large eaters are subject to many ills, as dyspepsia, scurvy and gout, and a vast number of other complaints, which often prove fatal. The evil consequences arising from it in some climates are part owing to the quantities of oil or grease it contains, by reason of which the digestion is disordered, the bile vitiated, the blood corrupted, skin and other diseases induced. Injurious effects are very frequently immediately felt after eating a meal of highly seasoned meats, such as oppression of the stomach, and lethargy.

Animal food should be well cooked before eating.

Feeding in a diseased condition of the system is a fine art, the acquisition of which cannot be too highly commended. Patients suffering from different diseases frequently require different diet. Food to be healthful should be nutritious and easy of digestion. Strong plain broths, animal food of loose texture, milk, eggs and farinaceous vegetables

are the articles which appear the most advisable. All foods should be taken in moderate quantities—this is especially true of meats. It is often found that one man may eat mutton, or another beef, or yet another fowl, with comfort and benefit, whereas if he should attempt another kind of meat the discomfort would be great.

Our rule is, when the individual concerned is a sensible man, to direct him to eat such food as he has found by experience to agree with him.

It is impossible to prescribe a cast-iron diet for the feeding of patients. We can give only such suggestions in regard to food as experience has taught to be the most useful in a given class of cases.

Meat broths and beef tea are not so much a food as they are a stimulant of the vital forces.

Salted meat and sausages, or pork in any form, is unfit to eat, either for the healthy and well or the sick. The rule which Moses laid down in this matter many hundred years ago, is as good to-day as the day it was given.

Food to do good and maintain the body in health must be eaten deliberately and thoroughly masticated. Sit down and deliberately join conversation with eating; masticate thoroughly; never wash down a mouthful of food with fluid; do not eat when very tired; rest half an hour after meals.

The body is not nourished so much by what goes into the stomach, as by what is taken out of the intēstines by the blood, and located in the various organs and tissues.



CHAPTER II.

BEEF AND VEAL.

These are among the staple articles of meat foods. The flesh of most young animals and fowls is preferable to that of the fully grown. Veal, however, is an exception; it should never be eaten. The flesh of the calf is not fit for food before the animal is at least six months old. Beef from stall fed steers about three years old is probably the most nutritious and finest meat in the world to the cultivated taste. It is juicy, comparatively easily digested, and tender. It is best when broiled or roasted.

Raw Beef—pulverized and seasoned, has been found of singular efficiency in consumption, chronic diarrhoea, and the wasting diseases of childhood. It is by no means impalatable.

Raw Beef—How to Prepare: Take a piece of raw rump beef steak, or mutton, free from gristle

or fat, as finely minced as possible; pound it until it is a fine pulp. The pulp should then be strained through a fine sieve or cloth to remove the blood vessels and cellular tissues. Of the meat so prepared a teaspoonful is given at regular intervals four times a day, and each day the quantity is increased until from one-fourth to half a pound is taken each day.

Beef Tea—To Prepare: This much abused article will find its chief use in those conditions in which the patient needs stimulating. There is very little nourishment in it, but it seems to have a remarkable power of sustaining life out of all proportion to the amount of solid matter which it contains. Take one pound of fresh meat, soak in one-third of a quart of cold water over night. In the morning remove the meat, saving the water in which it has soaked; put it into two-thirds of a quart of water and let it simmer for two hours. Keep the water up to its original level by replacing what is lost by evaporation. Then pour the beef broth into the cold liquor in which the meat was soaked, squeezing the meat as dry as possible. The meat which remains should be spread out on a tin plate, and slowly dried in an open oven. When perfectly dry it can be easily reduced to a powder in a mortar. Mix the meat powder in the liquid and you have all the elements of the meat in fluid form.

RULES.

- (1). Never let Beef Tea boil,
- (2). Always begin with cold water.
- (3). The finer the beef is cut the better.
- (4). There should be no fat, gristle or bone adhering to the meat.
- (5). The proper proportion of beef and water is a pound to the pint.
- (6). Beef Tea that jellies when cold, has not been properly made.
- (7). After it is made, carefully remove from the surface all traces of fat.
- (8). To warm up Beef Tea put it in a cup and set the cup in a vessel of boiling water.

MUTTON AND LAMB.

These, especially the latter, have the reputation of being less hearty and more delicate than beef. They suit, especially when roasted or broiled, some dyspeptics who cannot eat other meats without a sensation of discomfort. Lamb is the more digestable, in fact, except in the instance of veal, the flesh of young animals is always more digestable than that of old ones of the same species.

Sheep are subject to very many diseases, espe-

cially consumption, rot, parasites of the skin, diseases of the liver and brain, which doubtless lessen the excellence of its flesh as food. These complaints sometimes, but not always, alter the appearance of the meat after slaughtering. Sheep's livers are so often diseased that we advise our readers to abstain from them altogether.

The suet of sheep is a most excellent thing to be given in looseness of the bowels and dysentery. It is prepared by melting a little in a cup or a spoon, and given in from one-half to one teaspoonful doses; two or three doses is usually sufficient.

PORK.

If pork is used at all, it should be from animals fed upon grains, acorns, pumpkins and steamed roots. The meat should be thoroughly and well cooked, and NEVER used in case of sickness.

FAT AND LEAN MEAT.

“The hygienist agrees with the epicure in prizing the joint that displays a streak of fat and a streak of lean meat. In other words both of these should be eaten. The lean affords the material for bone and muscle; the fat for the blood and for

warmth. Those races of men who pass their lives among the arctic snow, love to feed on oil and blubber, and to an Esquimaux no more prized tid-bit can be offered than a score or so of tallow candles." On the other hand, the inhabitants of the warmer climate live on rice, and care nothing for fat.

Fat foods are of great importance to people suffering from scrofula, consumption and kindred diseases. Delicate children should be encouraged to eat largely of fat, then there would be less necessity to prescribe Cod Liver oil.

Fat foods should be well cooked, and of its variety, mutton fat is that which in delicate conditions is most beneficial. Mutton suet boiled in milk is an excellent food in wasting diseases.

FOWLS AND GAME.

The flesh of fowls is dryer than that of the larger animals we have mentioned, and is ordinarily easy of digestion. The white meat is more tender than the dark part, but not so juicy nor so highly flavored. Most of the domestic breeds are healthy when properly cared for, and their meat is generally sound and wholesome.

In the majority of instances, the flesh of wild

animals is more tender than that of domestic, and at the same time has a more decided flavor; the latter arises probably from the different habits and variety of food which the former adopt, while domestic animals have a much greater uniformity of diet and conditions. Both qualities recommend it to the hygienist.

Venison is a most wholesome and toothsome meat, and the same may be said of the flesh of the squirrel and rabbit.

Turtles, which are caught in large numbers in many states, are held in high esteem. They are very nutritious, and easily digested. The usual method of cooking, however, make them too rich for many, and might be simplified to advantage.

The hind legs of frogs are among the most delicate of all flesh. The prejudice which used to exist against them as an article of food is rapidly disappearing, and will certainly vanish after the first mouthful has been swallowed. Their flesh is exceedingly tender and delicious.

BROTHS.

An excellent broth is made from mutton in the following manner: (beef broth may be made in a similar manner.)

Mutton Broth:—Take a pound of fresh mutton, free from fat, cut into thin slices with a sharp knife, put into a suitable dish, salt, pour over it a quart of cold water, and let it simmer over a slow fire for an hour, then let it boil for an hour more; strain the broth through a sieve, refusing the meat fiber; season to taste

Chicken Broth:—Take a tender chicken, remove the skin and all fat, cut it in two longitudinally, and remove the lungs, which will be found attached to the back. Now cut these halves into small pieces, cutting through bone and flesh. Put these pieces into a suitable dish, salt, pour on a quart of cold water, and let it simmer over a slow fire for an hour and a half. Then set it on the hearth or back of the stove and keep up the heat for half an hour longer. Strain through a sieve or coarse towel to separate the broth from the bone and fiber. Season to taste. Thicken with a little flour, or sago if desired. The yolk of an egg beaten up in any of these broths adds greatly to their nutritive value.

Wild fowl, rabbit and squirrel broth may be prepared in a similar manner.

FISH.

Fish are to be highly recommended as a food, even for invalids, and those who suffer more or less

with indigestion. The flavor of some varieties, as the trout and salmon when fresh, is unsurpassed — the flesh being highly nutritious. Remember that they should always be fresh, as a very few hours is sufficient to destroy both their flavor and wholesomeness.

The small varieties are generally fried, which is the worst possible way to prepare them. They should be boiled or baked. It is well to remember that at certain seasons of the year some kinds of fish become to some extent poisonous, and their flesh causes sickness of the stomach, and general discomfort. The Rock fish is an instance, and all fish when spawning are less desirable as food than at other times.

Shell Fish. The most important article under this head is the oyster. This is excellent food, readily digestible and very nutritious. They are preferable either raw, roasted or canned. Great care should be taken that they are fresh, and the old rule that they should not be eaten in any month without an "r" in its name, is founded on wisdom, for these are their breeding seasons and they are apt to be soft and milky.

Salt-water oysters are more digestible than fresh, and they should be taken before, rather than after other food.

Clams are very indigestible, and if taken at all should be chopped fine and made into soup.

Lobsters, crabs and shrimps may be mentioned under this head. They all belong to the less digestible class, and should be altogether eschewed by delicate persons. In some individuals they cause severe colic, and an eruption on the skin known as nettle rash.

DISEASED MEATS.

Every one should learn how to distinguish fresh and healthy meat from that which is diseased and approaches putrefaction. Fresh meat should not be too fat. It should be firm and healthy looking, not too yellow, and not bleeding at any point. Butchers sometimes rub melted fat over the carcasses of their diseased animals to give them the glossy look of health. The muscles should be firm and somewhat elastic, and hardly moisten the fingers when touched. The pale, moist muscle marks the young animal, the dark color the old one. When good meat is placed on a white plate a reddish juice frequently flows out after some hours. Good meat has little odor, and what it has is not disagreeable—whereas diseased meat has a sickly odor, and is in appearance soft and wet. Healthy meat is neither of a pale pinkish

nor deep purple tint. Whenever there is any suspicion attached to meat, but not enough positively to reject it, the precaution should be observed to cook it THOROUGHLY, WELL DONE. It has been ascertained that heat, which is a powerful disinfectant, will destroy the germs of disease.

EGGS.

Eggs are rich in albumen; they are highly nutritious, generally easy of digestion, and form a very important part of the invalid's food. They should never be cooked more than three minutes; the yolk is more digestable than the white if hard boiled. Raw or whipped eggs are among the most digestable of all alimentary substances. One of the most pleasant and nutritious drinks, and one easily borne by the average stomach is prepared in the following manner:—One raw egg to a glass of milk, add a teaspoonful of sugar, and shake well.

MILK.

Milk stands at the head of the list as an article of food for the sick, and also for the well. It contains all the properties necessary to sustain life. It is highly nutritious, contains all the elements which

enter into the composition of the various tissues of the body, and can be served up in many different forms, and be introduced into a great variety of other foods. Some diseases can be cured simply by adopting a diet consisting exclusively of milk.

There are some with whom milk disagrees either in health or sickness. This idiosyncrasy cannot be accounted for. When this is the case, it can sometimes be remedied by adding a little salt to each glass of milk. The addition of lime water will correct it for others.

Sour milk and buttermilk are equally as nutritious as fresh milk, and will be borne by many stomachs which cannot tolerate the latter. These valuable articles of diet are too much neglected.

CREAM.

This is too rich for many invalids. It should never be used in fever diseases, but is of value in consumption and wasting diseases.

Butter may be put in the same category with cream. Consumptives should use it freely.

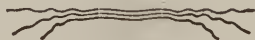
VEGETABLES.

Of vegetables, which furnish our table, we can only mention a few. Potatoes and beets are per-

haps the most nutritious, the former containing much starch, the latter sugar. Peas and beans are not so valuable as a nutriment, though they are very largely eaten. They are also less easy of digestion. Turnips, carrots and parsnips are watery, and neither so digestable, nor yet as nutritious as the preceeding.

FRUITS.

The prejudice which prevails against eating fruits least they should bring on disturbance of the bowels, etc., is only justified so far as it applies to unripe or over-ripe fruit. That which is fully ripe and fresh constitutes a healthful, though not a very nutritious diet; and one well adapted for warm weather, and which can be indulged in freely without fear of ill results.



CHAPTER III.

DIET.

This work is not intended to exhaust the subject of diet, nor yet to answer the purpose of a cook book. Under such articles as I consider wholesome food for certain conditions, I have mentioned the best methods of preparing them. Nature delights in the most plain and simple food, and every animal except man follows her dictates. Man alone riots at large, and ransacks the whole creation in quest of luxuries, to his own destruction. An elegant writer of the eighteenth century speaks thus of intemperance in diet: "For my part when I behold a fashionable table set out in all its magnificence, I fancy that I see gouts and dropsys, fevers and lethargies, with other innumerable distempers, lying in ambush among the dishes." The sentiment involved in this utterance is as true today as it was when spoken.

The quantity of food should, of course, be proportionate to the powers of the stomach. If it receives more than it can digest no nourishment is obtained from the superfluous quantity, and the undigested elements not only act injuriously in the bowels, but also in the blood. Moderation in diet not only insures the complete digestion of the aliment, but it prevents the blood vessels from becoming overloaded and kept in a state of action exhausting to the stomach.

In concluding this subject I give a few rules for preparing some of the most valuable of nutritious foods.

CLABBERED MILK.

This is simply thick sour milk, sometimes called loppered milk, and bonney clabber.

Set a quantity of skim milk away in a covered glass or china dish, when it turns, becomes smooth, firm and jelly like, it is ready to serve. Do not let it stand until the whey settles from the curd, or it will become acid and tough. Set it on ice for an hour before it is wanted for use. Serve from the dish in which it has turned; cut carefully with a large spoon, put in saucers and serve with cream and nutmeg. This is one of the most wholesome dishes, especially in dyspepsia,

and those to whom it is new soon acquire a taste for it, and become quite fond of it.

Marion Harold, in her excellent book, "Common Sense in the Household," says of bonney clabber, "Few people know how delicious this healthful and cheap dessert can be made if eaten before it becomes tart and tough. With a liberal allowance of cream and sugar, there are not many jellies and creams superior to it. It should not be eaten with sugar by dyspeptics."

Schmier Kase:—This is made by tying clabbered milk in a cloth to let the whey drain out. Hang it in a cool place over night. It may be eaten like the bonney clabber. It is an excellent food for the dyspeptic, and may be taken in almost any quantity. It is light, nutritious and easy of digestion.

Kumys:—This form of milk, the use of which has been attended by great benefit in many cases of consumption, is sometimes called Arabian Milk Wine. It is said to have been thus used by the Arabs for many centuries, and is now very extensively used by those tribes living on the steppes of Russia, and it is only comparatively recent that it has been known to the civilized world, having been introduced by Dr. Jarotzki, a Russian physician. The Arabs make it of mare's milk, but an

excellent article can be made from the milk of a cow. It contains some alcohol.

There are many different methods of making Kumys. The following method, however, is an excellent one :

Three quarts fresh milk,
Three quarts hot water.
Half a pound white sugar,
One teacupful good yeast.

Dissolve the sugar in the hot water, add this to the milk, and let them cool down until lukewarm. Now slowly and carefully stir in the yeast, put this in a crock, put a folded napkin or towel over the crock and set in a warm place as you would bread to raise. Stir it occasionally, and in five or six hours it will be slightly sparkling, and small bubbles will rise to the surface when stirred. When it reaches this stage put it into stout bottles, tie down the corks, and set the bottles in a cool place. A thick mass will form on the surface (the case in) when it begins to separate, and once or twice a day the bottle should be well shaken, and this will fall in a powder to the bottom. When two days old it is ready for use, although it will keep for a much longer period, and may be used when a week or more old. It is best, however, when from two to four days old. Care should be taken when open-

ing, as it is highly effervescent. In starting a new lot, instead of using yeast, use a bottle of old Kumys, stirring it into the milk and water carefully as directed for the former.

Very stout bottles should be used, ordinary ones are apt to break. As already stated, the use of Kumys has been followed by great benefit in many cases of consumption. A pint a day may be taken in addition to the ordinary diet; drink a glass full or more before meals.

THE BEST BREAD.

“Many people think that because it is fashionable to eat the whitest bread, therefore the whitest is the best for food. There cannot be a greater delusion. The coarser, or brown bread—the bread that is made from what is known as whole meal—is the proper bread. I see, day by day, many evils arise from the custom of having for food the white bread. The mothers are so thin that they look like starved mothers; and they are so, while the babies are absolutely wretched and starved, because the mothers are. I try, under these circumstances, to make the mothers understand that this white bread is the worst food that they can take, and, in the end, the dearest; and if I can get them to believe it, and to change the

food for something cheaper and better, it is astonishing how much healthier both the mother and the infant become."

Brown Bread;—Prepare a good sponge, as if for white bread, put into the bread pan two parts brown flour (do not sift brown flour) one part white flour, and to every quart of this mixture, allow a handful of Indian Meal with a teaspoonful of salt, wet this with a sponge, and when it is mixed add for a loaf of fair size half a cupful of molasses. The dough should be very soft. If there be not enough sponge to reduce it to the desired consistency, add a little lukewarm water. Knead this long and thoroughly, and set it to rise, which will require a longer time than for white bread; give it plenty of time. Knead again, make into loaves, and set for a second rising; when light bake steadily, giving it a longer time than white bread requires, do not cut while hot. Hot bread should never be eaten.



CHAPTER IV.

HOW TO FEED THE BABY.

We deem this subject of such importance that we devote a chapter to its consideration. Too much attention cannot be given it. Many little children die annually because of the lack of proper understanding of this subject.

There are two periods in the infant's life when especial care is called for in the management of its diet. At the time of weaning, whether this be premature or at the usual age; and in its second summer, when it is so liable to disturbances of the stomach and bowels.

Until the child is old enough to live on a mixed diet, milk is its natural food, and the important object to be kept in view is to give it a preparation of milk resembling the mother's milk, and to give this before any change has taken place in it, (before it has in the least degree TURNED.)

All the instructions which follow are directed to this end, and if strictly observed, the little one will be spared many days of ill health, since more than half the sickness from which infants suffer is produced by improper food, and improper feeding.

Sir C. Clark, an eminent London physician, once said: "The ignorance of mothers in feeding children is worth £1000 a year to me."

Goat's milk, if the child be deprived of its mother's milk, is the best substitute, if it can be obtained pure and fresh, but it is so scarce an article in this country, that we must seek for something which is not so difficult to procure.

Condensed Milk:—This must be often relied upon in feeding the baby, and it is preferred to ordinary milk unless you are certain the latter is fresh and pure. The American brands are better than the Swiss, as the former is apt to be more freshly prepared.

But after all, the main dependence must be placed upon the milk which all can obtain in such abundance. Cow's milk in its natural state cannot be safely fed to a young child, and it requires some modification in order to fit it for the infant organism. The important difference between woman's and cow's milk, is that the caseine of woman's milk curdles in the stomach into small light flakes, forming a very loose jelly, while that

of the cow's milk coagulates in large compact lumps. The loose flakes of the woman's milk are easily digested and assimilated. The firm lumps of caseine of cow's milk, the infantile gastric juices are incapable of dissolving, they are thrown up, or wander through the intestinal canal as large, sour, undigested masses.

Of all domestic preparations, the following is the very best:

SUBSTITUTE FOR MOTHER'S MILK.

Fresh cow's milk, one-half pint,
Pure soft water, one half pint,
Powdered sugar of milk, one teaspoonful,
Phosphate of lime, one grain.

Dissolve the sugar and lime in the water and add them to the milk.

This is the nearest approach to human milk that can be prepared. If the child is over two months, increase the proportion of milk. Any druggist can furnish the sugar of milk and phosphate of lime.

The following directions though they may seem unnecessarily minute in detail, are of the utmost importance, and Florence Nightingale, than whom there is no higher authority on the subject, would consider that the half had not been told. Al-

though it involves some trouble, yet it is much less trouble than it is to care for a sick baby, and too much attention cannot be given to the care of the child's milk.

Have the milk brought to the house twice a day, and let the morning supply be brought as early as possible; be sure that this is not the milk of the previous night. If possible let it be the milk of but one cow; do not permit the milk man to bring you skim milk; keep the baby's milk separate from that intended for general use; have ready a pan that has been well scalded and scoured, then rinse with clean cold water and when dry, receive the milk into this. In this pan the milk for the day should be scalded, do not let it boil. If by accident the milk should boil, use it for some other purpose and get a new supply for baby.

Now this scalded milk should be put in a crock kept for the purpose, previously well scalded, rinsed and dried; cover the crock with a clean napkin or towel to exclude the air more effectually than can be done with a dish or hard cover; set it into the coolest place that can be found.

To prepare the milk for the baby, take from the crock enough for one feeding, if the baby is under one month old, dilute the milk one-half with pure warm water in which has been dissolved an even teaspoonful of sugar of milk, and a pinch

of phosphate of lime; put this preparation into the nursing bottle, and use immediately. After the child has had sufficient, if there is any left, throw it away, it is the best economy in the world.

Never put a second supply of milk into a bottle containing the remains of the former; use a fresh and clean bottle, even though no more than one hour has elapsed since the last one was used; when the baby is one month old the preparation should consist of two parts milk and one part of water, adding the sugar of milk and phosphate of lime as before.

Keep on hand some blue litmus paper to be had of any druggist, and dip a small slip into the milk occasionally. If this blue paper turns red, the milk is acid and unfit for use.

CARE OF THE BOTTLE.

At least three, and five are not too many bottles to have for the baby's use, so that some may be going through the cleansing process while one is in use. Select a stout bottle having no lettering on it, and with no sharp angles. Use a simple thimble-shaped black rubber nipple. Black rubber is purer than the white, the latter containing injurious ingredients.

As soon as the child has taken enough for one

feeding, empty from the bottle what remains and without delay scald and wash the bottle with hot water and soap, after scalding put the bottle into a basin of clean cold water in which a little soda has been dissolved, let it remain in the soda bath for half an hour, then take it out, rinse in clean water and let it dry by hanging inverted on a peg or nail.

It is important that this process should be gone through with after each feeding. A nursing bottle which contains but a mere trace of old milk, so small a quantity that it can scarcely be seen, is sufficient to spoil all that may be afterwards put into it, and thus derange the child's stomach and bowels.

The quantity to be given at each feeding will vary with the condition and temperament of the child. A little experience will teach how much the child cares for, and afterwards the amount prepared can be regulated accordingly. Do not give the bottle too often, according to the age of the child, the interval may be from two to four hours. Be careful not to over feed; as soon as the child shows the least sign that it has enough, take the bottle away. The habit of taking a little food every few minutes interferes with digestion.

Do not feed the child while on its back or when lying down; do not bounce the baby about

after feeding lest it throw up what it has been eating, let it lie quietly for at least half an hour. Milk should form the child's food for at least the first six months, starchy food is not needed, nor can it be digested until the teeth appear and the dribblings show the glands are secreting an abundance of saliva. Before this the child can starve on arrow root and other starches; even after this the child's food should consist largely of milk. To this may be gradually added grated crackers, well baked stale bread, rice flour, arrow root, sago and the like. At this time the best thing with which to thicken the child's milk in order to add to its nutritive value, is the flour ball, to make which:

Take of flour, one pound.

Salt, one teaspoonful,

Sugar of milk, one teaspoonful.

Mix this all together, tie the mass up tightly in a stout muslin cloth or a pudding bag, so as to form a firm ball, boil this in a kettle of water from early morning until bed time; take it out and hang it up to drain and dry. The next day open it and peel off from the surface the layer of dough which will be found. There will remain a hard solid ball. Dry this in the sun or in an open oven; keep it in a cool dry place, and as it is needed shave off from one side two or three

teaspoonfuls. Make this into a paste free from lumps with a little water, stir it into a pint of milk and scald it, being careful not to let it boil. In the flour ball the starch of flour is changed into gluten, which makes a highly digestible and nutritious food for infants. You need not seek further, or ask for a greater variety, a child will thrive well on the milk and gluten. If the sugar of milk be not at hand, it may be made without.

FOOD FOR THE SICK.

Thickened Milk:—

One pint milk,

One tablespoonful of rice flour.

Salt the milk slightly, put it into a vessel and set this in another vessel containing boiling water; wet the rice flour up with a little milk, stir this into the boiling milk, and let it thicken, keeping the water in the outer vessel at a hard boil for an hour, stirring often.

Sago Milk:—Take a heaping teaspoonful of sago, soak for two hours in a pint of cold water, let this simmer for a quarter of an hour, stirring well to prevent burning, strain it and add a cup of milk, sweeten to taste.

Arrowroot Gruel:—Mix a dessert spoonful of arrowroot with sufficient cold water to form a soft

paste, rub it till quite smooth, add a little boiling water and a tumblerful of milk, stirring briskly, boil for a few minutes stirring all the while.

Bread Jelly:—Take a quantity of the soft part of a loaf, break it up, pour boiling water upon it; it should then be covered and allowed to stand for some time. The water is then drained off completely and fresh water added, and the whole placed on the fire and allowed to boil slowly for several minutes until it becomes a smooth pulp. The water is then pressed out of the bread, on cooling it forms a thick jelly, a portion of which is to be mixed with milk or water as wanted. This bread jelly is very nutritious and can be taken when other things disagree.

Lime Water:—Get a piece of unslacked lime the size of an egg, break it up, put it into a clean quart bottle and fill up the bottle with rain water, let this stand over night; the next morning it is ready for use. There will still be a heavy sediment of lime in the bottom of the bottle, but the water will have taken up all it can dissolve. When you have used all the clean water in the bottle, fill up the bottle again, and repeat this again and again as long as the lime lasts. In case of diarrhoea or sour stomach, this may be used instead of the ordinary water in preparing the milk which you intend to give to the baby.

CHAPTER V.

ON HEAT, COLD AND DAMPNES.

Most of our diseases arise from a sudden transition from heat to cold, or cold to heat. A sudden application of cold to the body in a state of perspiration cannot but be fraught with danger, the pores of the skin become closed, perspirable matter is retained, which proves a source of irritation to the system, and soon terminates in a departure from health. The system is capable of undergoing an intense degree of cold, when it is gradually brought under the influence of it, but when it is suddenly applied, such a shock is given to the body that it rarely escapes without receiving an injury, from which we may infer the great necessity of care and caution in dealing with sudden changes from heat to cold, or vice versa. When any ordinary change of external temperature is made gradually, such is the condition of the

healthy human body that it bears it with apparent impunity, but when it happens more rapidly, the danger is proportionate to the suddenness of the event. The most dangerous, however, of all, are the rapid and violent fluctuations which arise from the artificial modes of influencing temperature by close rooms and fires, and also by the clothing. There are many thoughtless persons who will rush out into the freezing air from a room heated to the temperature of India, or after having been warmly clad throughout the day will go out into the cold damp air of night in a flimsy dress of the ball-room, with their bosoms uncovered, and their necks and shoulders perfectly bare. Such has been the prevailing fashion of women of all ages. I have known of several women who died directly from the effects of such exposure. Such women are never more dressed, according to their idea, than when thus equipped for some place of amusement, although in fact they very nearly approach the state of nudity. It is by such imprudence, and the changes of temperature to which they become liable, that so many thousands are annually cut off by one disease or another; but particularly by pulmonary consumption.

But we are now so accustomed to hear of colds, coughs, consumption and rheumatism and a long train of diseases of a similar nature that we have

been nearly brought to consider them as the necessary consequences of our situation, the unavoidable scourges of our climate, the existence of which we may deplore, but against which it is almost useless to employ any precaution. I am thankful to say that within the past few years a vigorous effort has been, and is being made, to combat this tendency.

It is a positive fact that most of our winter diseases derive their origin from sudden and considerable changes in temperature, and may in a measure be avoided by paying due attention to the following rules: To keep the temperature of the atmosphere in the house as uniform as possible, and when a change from the atmosphere of the house to out doors is necessary, make it as gradual as you can. This may be done by due attention to a proper clothing of the body. If at any time the body should be greatly heated during the warm weather, it will be sure to suffer by going into a cellar, ice house or cold bath, or by sitting on stones, or upon the ground when it is damp. Severe colds, pulmonary consumption, rheumatism and many other maladies of a severe nature have been brought on by such imprudence, and even speedy death has been the consequence of such a transgression.

Wet Clothes:—Not only by their coldness obstruct

the perspiration, but also by their moisture, the moisture being taken up, or absorbed into the body greatly increases the danger. The most robust constitution is not proof against the danger arising from wet clothes. They daily occasion rheumatic fevers and other diseases, even in the young and healthy.

Wet feet often occasion colic, inflammation of the lungs and bowels, cholera morbus, etc. Habit will no doubt render this less dangerous, but it ought, so far as possible, to be avoided. Many a young girl has lost her health and even life by getting her feet wet. Night air often obstructs perspiration. It is the dew which forms plentifully after the hot day, that makes the night more dangerous than when it is cool.

Beds become damp often from not having been used, standing in damp houses, or in rooms without a fire. The average spare bed is an abomination. Nothing is more to be dreaded by travelers.. When a traveler cold and wet arrives at a hotel he may by the means of a good fire, hot drinks, as coffee, and a dry bed have the perspiration restored, but if he is put into a cold room and a damp bed the perspiration will be more obstructed, and the worst consequences will ensue. Travelers should avoid hotels and houses which have a reputation for damp beds, as they would a.

house infested with the plague, as no man however robust is proof against the dangers arising therefrom. The danger from damp houses is very great, for this reason those who build should select or choose a dry situation. A house which stands upon damp, marshy soil, or deep clay will never be thoroughly dry. Those people who are obliged to live in cellars and basements seldom live long in health.

LIGHT.

To the agency of light, vegetation owes its taste, its smell, its color and its inflammability—all important properties. So necessary is light to plants, that many of them will spontaneously throw open wide their flower, and even exert a limited locomotion, bending toward it, in order to catch its vivifying influences.

Equally important is light to animal nature. Experiments of various kinds have proved this in reference to inferior creatures. And the due and constant influence of light are found very favorable to the vigorous development of the mental faculties.

Deformity and idiocy are most frequently found and frightful diseases commit their most terrible ravages, in the ill lighted habitations of the nar-

row streets and northern exposure, where the salutary beams of light seldom, or in but scanty measures, shed their beneficial influence. A well-lighted apartment, and one commanding a southern view is the most desirable, because the most promising to the feeble invalid. Reliable statistics prove, that in general, the chances of recovery in the well-lighted wards are greater than in ill-lighted wards. "Light," says Dr. Child, "is one of the best and cheapest of nature's tonics; and unless it be habitually absorbed, neither animal nor vegetable can permanently prosper." Hence this needful medicament, by divine arrangement, is poured out in daily streams upon the face of the whole earth.

Nearly every one has observed that children who are kept confined to the house, are frail, delicate, and subject to every change of the atmosphere. They are like a plant deprived of the light of day.

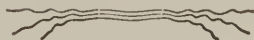
Give us more light and purer air, and we will have less disease, and fewer deaths at an untimely age.

BATHS.

Baths of various description are now so generally resorted to for the cure of diseases that it

It becomes very important to consider their effect upon the human system. They are attended either with considerable advantage or injury to all who use them. Many have been cured, others have been injured by their use. The cold bath consists of water, either salt or fresh, at a temperature from 30 to 65 degrees. Salt water bathing is the most stimulating to the system.

Some persons habitually take a cold sponge bath on arising in the morning. Others are most benefited by a hot or warm bath, although as a rule a cold bath is stimulating and a hot bath depressing. However, when baths either hot or cold are required in the treatment of disease, they should be left to the discretion of an intelligent physician. The use of hot or cold water is of great benefit in treating chronic diseases.



CHAPTER VI.

RULES FOR THE SICK ROOM.

Nothing is gained, and much time that is very valuable is wasted, by allowing ourselves to become nervous and unable to be of the slightest assistance in the sick room.

Although we may consider a person too ill to be aware of what is taking place about them, they are, many times, fully conscious of the merest trifles, and always more or less susceptible to any and all things going on in the sick room. For that reason, conversation about the condition of the patient carried on in the sick room in whispers, or in any mysterious manner should be avoided, and an air of quiet cheerfulness always maintained.

Nothing is so annoying as to be continually asked if we do not want the pillows changed, the bed clothes straightened, the blind closed or opened,

some nourishment brought, or any small detail attended to. Better by far, to see for yourself, and to do it quickly, quietly, and without disturbing the patient. Particularly if he is disposed to sleep, do not at once get a newspaper of the kind that has the greatest possible amount of rattle in it, and seat yourself in a rocking-chair, begin to read regardless of the effect it may have upon the nervous condition of the sick one.

When it is time for nourishment or medicine, be prompt to give it, but always without talking over it too much. If it is food or broth have it prepared outside of the room and brought quietly in. Prepare it in an attractive manner.

An individual is often best nourished by partaking of a little sustenance at short intervals. The manner in which one is cared for has much to do with one's improvement.

Very many diseases of a contagious nature may be limited to a person, family or community by proper precautions. When your physician or the health officer of your own city or township puts certain restrictions upon your movements, or gives you careful directions, you should not hesitate to follow them. for your willingness, promptness to obey, and the thoroughness with which you carry them out, may be the means of saving the life of a relative, friend or neighbor. Prompt and thor-

ough disinfection of the patient, house and surrounding effects, with rigid quarantine, has on some occasions stamped out an epidemic of the most contagious of diseases.

When any person is attacked with a disease which is, or is supposed to be contagious, he should be immediately removed to a separate part of the house, preferably the upper story. Remove all carpets, furnishings, etc. from the room, everything except what is absolutely necessary for use.

There should be as little intercourse with the person afflicted as possible. No one should be allowed to visit him except those who are directed to wait upon him, and they should be careful to keep a proper distance from the bed, and avoid inhaling the breath of the patient as much as possible.

Disinfectants should be thoroughly used. The excrements should always be disinfected, and never thrown into a vault or cesspool, near a house or in the vicinity of wells or running water. After disinfecting them throw them on the ground at some distance away from the house. The air and the sun will soon destroy all poisonous properties. The greatest attention should be paid to ventilation; see to it that there is a constant circulation of air in the apartment, taking care that the cur-

rent of air is not directed upon the patient. In cold weather place a board, about three inches in width, underneath the lower sash of the window. This leaves a space between the lower and upper sash through which fresh air may come without causing a draft.

Cleanliness is of the utmost importance. The sheets, pillow cases, and the patient's apparel should be often changed. The discharges from the patient must be immediately disinfected and removed from the room. Use deodorants and disinfectants freely. There are several excellent articles on the market for this purpose which can be procured at any drug store. Chloride of lime makes an excellent deodorant and disinfectant, especially for privy vaults, cesspools, store-houses, cellars, etc. A little of it may be placed in a saucer or on a plate and kept in a room which you wish to deodorize, or in case of cesspools, etc., sprinkle the lime in or over it. Those who wish to preserve their health should attend strictly to cleanliness. Few things are of more importance to society, and should be attended to everywhere, and by all classes of people. Among the people of some countries, cleanliness makes a great part of their religion, Mahometan as well as the Jewish religion, enjoins various bathings, washings, and purifications.

Although these might be designed to represent inward purity, yet at the same time they are calculated for the preservation of health. It is rightly said that the want of cleanliness is a fault which admits of no excuse, for where water can be had for nothing it is in the power of every one to be clean.

The continual discharge from our bodies by perspiration renders frequent change of apparel necessary. Changing apparel greatly promotes the secretions from the skin so necessary for health. Cleanliness should be observed in everything, notably in what we eat and drink. The water we drink should be carefully looked after, and if there is the slightest suspicion of its purity, and no other can be obtained, it should be boiled before using.

To destroy the fetid affluvia in a sick room arising from the excretions and exhalations in fevers, diphtheria, diarrhœa, etc., dissolve half a teaspoonful of chlorate of potassium in half a gallon of water and saturate towels with the solution and hang them in various parts of the chamber. By this means the most offensive odor will be entirely removed. In case of offensive ulcers, old sores, cancers, etc., take one part of sulphite of soda and nine parts of sugar of milk. Grind them for from fifteen to twenty minutes in a mortar, and sprinkle a little of this upon the

ulcers and sores once or twice a day. It will entirely remove the offensive odors. The sulphite of soda one part dissolved in two parts of water is also an excellent thing to deodorize the hands after handling meat, dead bodies, or offensive discharges, etc. Bathe the hands in the solution for five or ten minutes at a time.

To disinfect the room, clothing, etc., when contagious diseases have been prevailing, put from four to six ounces of sulphur in an earthen dish, place in the room and set it on fire, leaving it to burn until the apartment is thoroughly fumigated. The doors and windows should be closed before igniting the sulphur, also have all metallic substances removed from the room, keep the room closed for twenty-four hours. We have already mentioned chloride of lime as a disinfectant in cesspools, etc. Another excellent substance for this purpose is sulphate of iron (Copperas.) Dissolve two pounds in two gallons of water, and throw it into the pit, cesspool or drain from which the foul air emanates. This should be freshly prepared when required for use.

NURSING IN THE HOME.

Like poets, nurses are "born not made," and like them it often takes years of experience to

develop the hidden talent. Although we have seen a child of five years whose greatest interest and pleasure lay in nursing and caring for an invalid mother, and who when taken from the sick room would beg to be allowed to "go back and take care of mamma." Yet to the majority of those who, without making nursing a profession, are called upon to take up its duties, it comes at first as a repulsive necessity. To these by way of inspiration we would say:

"So close is glory to our dust,
So near is God to man,
When duty whispers low 'you must,'
The youth replies 'I can.'"

A nurse should be neat in her habits, cleanly in her person, of good health, and above all, free from the use of stimulants, as these give a false strength that is sure to be found wanting at the time of trial. She should eat regularly of plain food of a wholesome character, and take a walk in the open air, not only to avoid infection, but to renew vitality. If only a five minutes walk, she will find it of more service than all the stimulants she might possibly take, and will return with a new vigor and freshness to which the patient's system will respond, by becoming more manageable, quiet and contented.

Where the patient requires night nursing, every possible opportunity, when the patient can be left for a little while in good hands, must be taken by the nurse for sleep. Except in cases of delirium it is generally better to explain to the patient that you have arranged everything so that he need not worry during your absence.

Again, be firm, not the firmness that arouses in the patient a desire to resist your authority, but with an unwavering calmness. Make him to understand that you do, what you do, because it is RIGHT, because it is NECESSARY, because of a HIGHER AUTHORITY than your own will, and he will submit. Be firm, not only with your patient, but with all around you, then you will feel that all is right. Again, watch the patient, know his symptoms for yourself. Remember that the objective symptoms, or those you see may be as important as the subjective symptoms, or those felt by the patient. Moreover, they may differ, for instance, the patient may feel very chilly while his temperature may be dangerously high. Wherefore keep your eyes open. OBSERVE FOR YOURSELF.

The true nurse must be sympathetic and tender. She must gain the patient's confidence by loving attention. Moreover these must spring from the heart, for none will be so quick to detect a sham

as the sick who are dependent for care upon the unwilling nurse. Suppose the patient's breath does smell badly, the sweat foul, or the discharges offensive, don't go about the room with a bottle of smelling salts, or a handkerchief saturated with cologne to your nose. Don't go to the doors, put your head out for a breath of fresh air, and return with a look of disgust, which says as plainly as words can, "O! this is horrible. How long must I stand it?"

If "he that ruleth his tongue is a perfect man," how much more he that controls his facial expression by governing the spirit within.

Think how you would like, besides the pain you are suffering, to feel that you were an offense to those from whom you had, in your sickness, the right to expect the tenderest love. The true nurse must forget self and remember that her duty, like that of the soldiers at the battle of Balaklava, is

"Not to reason why,
Theirs not to make reply,
Theirs but to do and die."

The position of nurse is instituted only by the needs of the patient, and for the good of the patient. The life of a nurse is one filled with patient self-sacrifice for the Master's sake, and leads only and surely to heaven.

Are you neat, quick, tireless, strong, quiet and patient? Have you the best of temper, the kindest of disposition? Are you all-enduring and indifferent as to whether you have sufficient sleep or not? Have you a sunshiny face, a warm, gentle, but firm hand? If you do not possess the greater part of these qualities, do not dream of being a sick nurse. It must be firmly implanted in the mind of the would-be nurse, that caring for the sick is extremely laborious and makes large and constant demands upon one's physical powers.

Do not forget to wash the patient's face daily, and wash the hands several times a day, always before and after food is taken. Don't mop the face and don't rub the skin off. Wring the corners of the wash-cloth, that it may not drip on the person or bed, and there will be enough water held in the middle of the cloth for a more refreshing ablution than can be given with a sponge. Don't neglect the eyes, but lay the wet cloth on them a moment to relax the tired and strained eyelids; do the same by the parched lips and hold the cloth a moment against the nostrils, giving a sense of freshened respiration. Wash close behind the ears and in wiping the skin do not leave streaks.

To pay proper attention to teeth, nails and ears is some little work, but adds to the comfort of the

sick one. The teeth should be brushed or scraped or swabbed. A little pine stick with the ends slashed into a brush like stub, dipped in dilute lemon juice or borax and water will be serviceable, or if the gums are tender a bit of cloth may be used.

Nothing is more important for comfort, or as treatment than to keep the skin in an active and cleanly condition, but how often are the sick neglected in this particular. To bathe a person while in bed, spread a blanket on one side of the bed in such a manner that the patient can lie in middle of it near edge of bed. Move the patient onto the blanket and remove night dress, taking the edge of the blanket furthestest from you fold over on the patient's body, wrapping the lower half around the leg and foot on that side. Take the edge nearest you and wrap around the side and arm on the side nearest you, and you have the patient warmly and completely covered.

We will suppose that the patient lies upon the right side of the bed. Have a basin of warm water and one of soapsuds, a sponge, towels and slop-jar. Uncover the right arm by spreading back the upper fold and lay the arm back on it. Place a folded towel lengthwise under the arm to catch the drippings. Dip your hands in soapsuds and begin at wrist and rub your soapy hands up

and down the arm clear to the shoulder two or three times. The hands should be held with fingers firmly but not stifly together, conform them to the shape of the arm and let them slip up and down easily; dip the sponge in clear water, squeeze nearly dry and let it pass up and down the arm quickly. This will absorb the soap, free the sponge from soapy water by squeezing into slop-jar, and again free the skin from soap, wipe the arm quickly and with dry hands, rub the arm briskly until a little reddened. Remove the towel from under the arm and repeat the process on the left arm. Next wash chest and abdomen in a similar manner. Wash, wipe and rub around breast (never across nipples) across stomach and around abdomen from right to left. Then take the lower limbs and treat in a similar manner as the upper after which turn patient over and wash the back.

A handful of salt, or bran may be added to the water; or warm arnica or witch hazel or alcohol, these latter with oil inunctions tending to keep the skin firm and preventing bedsores, besides easing the patient wonderfully of the tired, bruised feeling that comes from lying in bed. Coconut oil is the most quickly absorbed by the skin where an oil is needed, and if the odor is unpleasant add a few drops of oil of rose. The oil should be rubbed upon the palms of

your hands and then rubbed into the body. If possible comb the hair every day; next keep the feet warm, sometimes this may be done by wrapping them in a warm wet towel with dry ones on the outside, having first placed a piece of rubber sheeting underneath to avoid getting the sheet wet. On removing the wet towels, rub and wipe the feet well and wrap them with warm dry flannel. If you use hot plates, bricks, bottles, etc. wrap them in flannel and place them near but not against the feet, severe burns have been made by not paying attention to this. The rubber bottles are by far the best to use for the purpose of warming.

To turn a patient over in bed, we will suppose the person lying upon the back on the right side of bed and wishing to turn to left side. Put your left hand under shoulders and grasp the left shoulder, grasp the right shoulder with the right hand, pull your left hand towards you and push your right hand from you. Only turn the body part way then turn the hips part way and so on until the task is accomplished.

No sick room should have a carpet on the floor. Keep basins of water in the room, changing the water every two or three hours. Bits of ice will relieve nausea and should be given after vomiting. They may be kept by tying a flannel

over a bowl so as to allow the flannel to sag in the middle and hang nearly to the bottom. Ice does not melt very fast when the air has free play around it.

The importance of good nursing is so great, that at the risk of repeating what I have already said, the following well known truths are given.

Follow all directions closely. Be exact with medicine. At beginning of sickness remove all unnecessary furniture. Secure perfect ventilation but without draughts. Sunshine in room is sometimes important in convalescence and in chronic sickness. Do not give medicine immediately after eating. Avoid sudden changes of position. Avoid raising very weak patients upright. Prevent and restrict visitors. Avoid over talking and never whisper, excite, or startle by hurry. Be cheerful, orderly and neat in the room. REMEMBER THAT LITTLE THINGS become important in serious cases. Judicious bathing and sponging are important nursing acts. Always remove quickly all impurities and soiled clothing.

Report to the doctor accurately and fully every event of importance (and no others) since his last visit, such as the fact and appearance of stools, urine, vomitings, sputa, all the rise and fall of fever, tendencies to chill, food and drink taken etc.

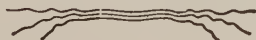
Fainting:—If patient faints and the physician

has left no special instructions for the emergency, lay the patient flat in bed, sprinkle cold water on face and bared neck, press on ribs successively to expel foul air from lungs, wrap feet in warm flannels, give a little coffee or stimulant after there is no danger of choking.

Vomiting:—In the emergency of vomiting, if you have no special instructions, use mustard poultices over the stomach; give small pieces of ice; keep extremities warm; drink lime water.

Disinfection:—It should be prompt before harm is done, thorough, and precisely as directed. Contagious and infectious diseases may be imparted by the breath, the saliva, the perspiration, the urine, the evacuation from the bowels, the sputa, the hair, the bed clothes, etc.

Food:—Corn bread, rye, barley, buckwheat, warm cakes, pork, veal, oils and fats, cheese, pickles and vinegar are always objectionable. In many kinds of sickness diet is all important. Where diet is prescribed it must not be varied from. Delicacy and perfection in cooking should be aimed at.



CHAPTER VII.

DIAGNOSTIC HINTS.

The tongue and character of its coatings furnish important signs in disease.

A tremulous tongue is, in all acute diseases, of evil import, but has no particular significance in chronic or nervous diseases.

If the tongue is protruded very slowly, or left exposed after being shown it is a sign of great exhaustion, or congestion, or other pressure on the brain.

When the tongue is thrust continually to one side, it indicates paralysis of one side of the brain.

A thick and flabby tongue, showing indentations from pressure of the teeth, indicates a gastric and nervous irritation.

A sharp and pointed tongue is often observed in irritation and inflammation of the brain.

A bright red tongue indicates inflammation of the stomach or bowels.

A clear red tongue with papillæ prominent, or a white coated tongue with papillæ prominent, indicates scarlet fever.

A thick and yellow coated tongue indicates biliary derangements.

A dark brown coating on the tongue indicates malignant fever.

A dry, black, furred and tremulous tongue indicates abdominal and putrid fever.

A tongue red on edges and tip, or having a red, dry streak in the centre, is typical of typhoid or gastric fever.

A thick white coat on the tongue indicates gastric derangement.

A lead colored tongue is found in cholera and mortification of the stomach and lungs.

A lead colored tongue, with thrush, denotes death under all circumstances.

A bluish tongue denotes impeded circulation.

Immobility and trembling of the tongue indicates torpor of the brain.

PULSE.

The pulse of a healthy adult male at middle life beats from 60 to 75 times per minute, but this is not an invariable rule, for some persons enjoy good health with the pulse at 50, and even

lower, and others with a pulse as high as 90. Again it varies at different periods of life, and according to sex, position of body, etc.

In the mother's womb the child's pulse averages 150 beats, at birth 140 to 130.

During the first year.....	130 to 115
During the second year.....	115 to 100
During the third year.....	100 to 90
About the seventh year	90 to 85
About the fourteenth year.....	85 to 80
In the middle period of life.....	75 to 60
In old age.....	65 to 50

The pulse of women is more frequent by ten to fifteen beats per minute than that of man.

The pulse is more frequent from ten to twelve beats in the standing posture than when sitting.

Muscular exertion, as dancing for example, will raise the pulse from 10 to 60 beats, and eating and drinking will likewise increase the heart's action. During sleep the pulse is less frequent than when awake.

Of the pulse in disease:—Acceleration of the pulse is a common symptom of all febrile disorders, as a rule it augments with their increase, and subsides with their decline. The pulse of an adult rarely exceeds 140 beats in any, even in acute inflammatory diseases. When it reaches 160 beats

per minute, it usually portends a fatal issue. A quick, hard pulse is very characteristic of diphtheria or scarlatina.

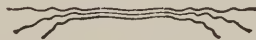
A quick full pulse indicates inflammation, or fever of an acute or inflammatory character.

A sluggish, full pulse indicates a want of nervous energy.

Unusual slowness of the pulse is chiefly met with in chronic softening and tuberculous affections of the brain. It is also a common symptom in diseases attended with coma resulting in concussion or congestion of the brain.

A changeable pulse indicates nervous derangement, and sometimes organic disease of the heart

A fine scarcely perceptible pulse, denotes great exhaustion and approaching death.



CHAPTER VII.

AGE OF YOUNG WOMANHOOD.

There is no subject which more vitally concerns us as a nation or as individuals than the health of the women of our country. The law of heredity decrees that as the parents are—physically, morally and mentally—so will their children be. If this be true, how important it is that the mental, moral and physical should each receive their due proportion of consideration in the rearing, education and training of our daughters. The mother who is suffering from disease of whatever nature, inherited or acquired, unconsciously transmits like tendencies to her offspring. “The sins of the fathers (and mothers) are visited upon the children unto the third and fourth generation,” says Holy Writ, referring no doubt to the physical man. It is the causes of physical disease in women that we shall now consider briefly, and how

they may be avoided. It is a well known fact that the majority of the adult women are to a greater or less extent sufferers from diseases of the reproductive organs. This is especially so among the more intelligent and cultured portion of our people. The reasons for this are not difficult to see or understand when sought for.

When we consider how generally the women, in this country at least, are sufferers from some form of uterine difficulty, how few in fact are free from such suffering, and that as a consequence thousands of physicians are overrun with business, we cannot but feel that there must be causes at work undermining and destroying the comfort, health and happiness of our American women, which should be avoided. Our first duty, and one which belongs to us peculiarly as fathers and mothers, is the discovery of the avoidable causes, and to this your attention is invited.

Beginning with childhood we find that very early in life most little girls are taught that they should be lady-like, quiet and even prim. That any active, energetic, vigorous exercise, such as is indulged in by boys, is improper and unbecoming in girls, that girls should stay indoors and spend their time in learning to play the piano, or doing needle work, or painting and if they go out at all they should walk quietly like little ladies, and

never romp and run like tom-boys. While this is especially true in our cities, it is so only in varying degrees in all places and in all grades of society.

As a result, we find imperfect physical development and weakness, which are among the prime causes of special derangements in these same girls later in life.

A few years later when the age of puberty is reached, and when they are most susceptible to unfavorable conditions, and most likely to suffer derangements of the developing organs and functions from seemingly slight causes, the errors and abuses in their training and management are multiplied.

Many mothers either because of neglect, ignorance or false delicacy avoid all mention of the conditions and consequences which sexual development must bring to their daughters, and they are left in ignorance of what they should or should not do to avoid the ills they know not of, or to gather from irresponsible sources such information as they may, and which is quite as likely to be false and injurious as otherwise. As a consequence many a girl exposes herself in various ways and violates nature's requirements to such an extent that derangements of the monthly functions and even organic diseases occur, which may blight her

whole life. Then too, at this age fashion demands that the corset shall be applied and that increasing weight and pressure shall be put upon the hips and about the waist, and force the organs out of their natural and healthy position and relation. Disastrous as these errors are, they are surpassed in ruinous effects by the educational requirements. Ignoring the fact that the age of puberty is quite as much and as truly a critical age, as is that which occurs at the end of reproductive life, defying nature's demands that the nervous forces shall be concentrated at this time upon the development of the organs and functions which are to be the very center and motive power of her life, the school girl is put to the severest tasks, the most constant application, the strongest competition and the severest strain of the mental and nervous system at just this critical age

When marriage is entered into, a most common occurrence is the adoption of various abuses and violations of nature's requirements for the purpose of avoiding conception, and if these chance to fail, no effort is spared short of criminal abortion to undo the "mischief," and not a few will not stop at crime. This may be thought a very strong or radical statement of the case, but without entering into the details, I present the ugly fact, believing it cannot be denied or gainsaid.

IMPROPER METHODS OF DRESS.

Let us consider for a moment the dress for the child from infancy to the age of, twelve or thirteen years, that we may contrast the great difference between its dress and the dress of the middle aged woman. The dress of the child is adopted with an eye to health and comfort. The underclothing is of woolen material in the winter, which is the best protection against cold, damp or changeable weather. The other garments are of suitable material and make. They are loose around the waist and suspended from the shoulders as they should be. No tight bands around the waist or other parts of the body. She has the free use of all her limbs, and no organ is cramped or interfered with in its proper development or functions; her feet are protected by warm comfortable stockings and sensible, broad-bottomed, low-heeled shoes. In short she is comfortably and sensibly dressed. As she approaches the age of young womanhood, note the change in the manner of her dress. Her clothing, heretofore suspended from her shoulders, is now suspended from the hips; her chest and lungs are encased in a corset so that the respiration is materially interfered with and lung development prevented. The pressure exerted by the skirt bands and corset crowd the

abdominal organs downward on the now rapidly developing reproductive organs, displacing and preventing their proper growth. The underclothing is often insufficient in quantity and quality.

Instead of the sensible shoes of the child, she is allowed or encouraged to wear the abominable "French heels," which are the cause of more backaches in women than any other one thing in my knowledge. Can folly further go in dressing young girls and women? It is not only foolish, it is almost criminal. The future health and happiness of the woman and that of her offspring depend in a great measure upon the proper development of the reproductive system, and everything that can be done to secure that object should receive the earnest co-operation of every parent.

It is an established fact that with each properly preformed respiration or respiratory act all the abdominal and pelvic organs are drawn upward and toward the chest. This shows what an important part the act of respiration plays in the healthful working of not only the lungs but the pelvic organs also. It can readily be seen that corsets and skirt bands constricting the chest and abdomen, prevent the organs situated below the waist-line from taking any part in this important act. They are fixed in their positions by these unwise and hurtful methods of dress.

Comparisons have been made between the women of our race and the North American Indian women of the part which these organs take in the respiratory act, and it has been demonstrated that in the former abdominal breathing is scarcely to be found, while in the latter it is the rule. We also find diseases peculiar to women among the former well-nigh universal, while among the latter it is the exception.

What is the lesson to be learned from these facts? If women prefer health to disease, let them dress in such a manner as not to interfere with nature in the performance of her functions for their good. Let them consider health first and appearances afterward.

The modern dress reform is to be highly commended as an evidence of a return to sensible methods. Healthful dress does not necessarily mean an unbecoming dress. Comfort and beauty are not incompatible. Let us hope the day will soon come when to say a woman is beautifully dressed is to say she is comfortably and healthfully dressed.

This leads us up to a consideration of the age of young womanhood, an age which is perhaps the most critical in women's life, an age when habits are formed for good or bad.

PUBERTY

Is that period in the life of a female when she ceases to be a child and becomes a woman. It is the first great change, it is a crisis in the life of the girl. The anti-pubertal life of the female is one of preparation, of growth of stature and strength with a special reference to the perfect fulfillment of the functions of the ovaries. The human female is the longest in arriving at the full measure of her development.

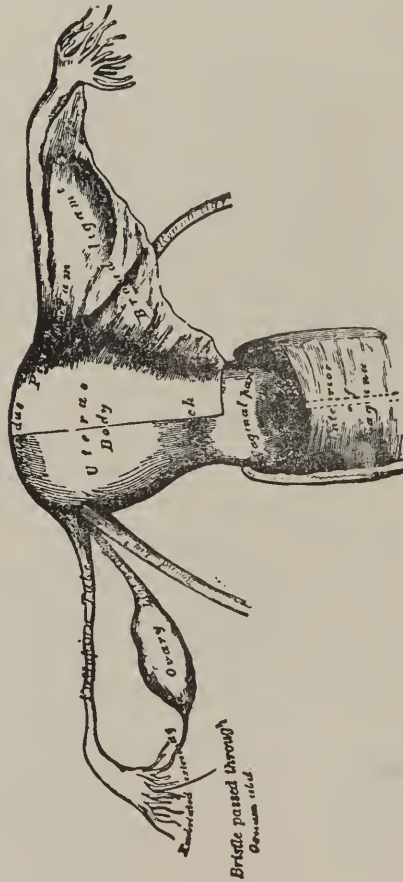
The earlier the individual attains this development the shorter is their natural period of life. This is true of nature everywhere.

In order to understand what takes place, and what is the cause of this change which we call puberty, we must understand something of the organs in which it takes place.

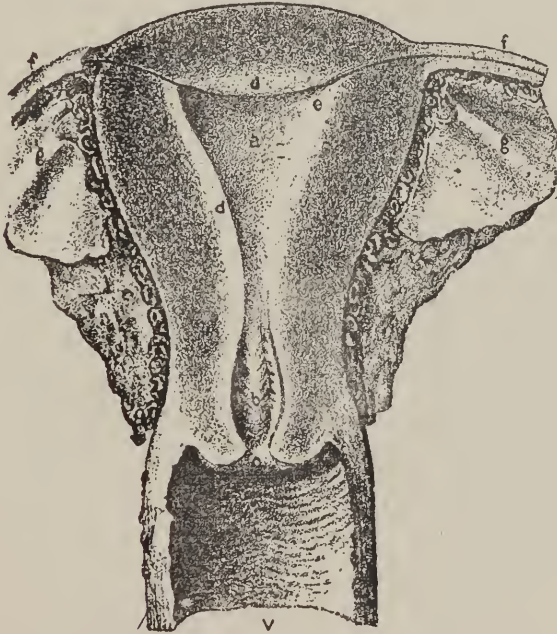
These ovaries which are peculiar to the female are usually called together with the uterus, the uterus and its appendages, but I prefer to call them "the ovaries and their appendages," inasmuch as the ovaries furnish the element which is necessary to reproduction.

The uterus or womb is found at the extreme end of the vagina. The fully developed uterus is about three inches in length, about two in width and one inch in thickness, being somewhat

pear-shaped, flattened on two sides Its lower end projects into the vagina. It has an opening in the centre leading to the cavity of the womb This cavity is triangular in shape, from the



upper and outer angle of which there are two tubes leading outward, one from each side. These are called the fallopian tubes, and are the ducts through which the ovum or egg is conveyed from the ovary to the uterus. The ovaries are the es-



sential part of the reproductive system, and in a large measure regulate the growth of the whole female organism. The ovary is that organ upon which depends the function of menstruation (or monthly changes) the decline of whose functional

activity as age advances is the cause of the power of reproduction being lost in the female long before the ordinary term of life has expired. The ovaries are the analogues in the female, of the testes in the male. They are two in number, lying deeply in the lateral and back part of the pelvis, one on each side of the uterus and firmly united to it.

The generative organs constitute the grand centre of the female economy. All the other organs and functions of the woman are more or less in sympathy with these, and from the full, healthy and harmonious development of the sexual system come the ruddy cheeks, the elastic step, the buoyant, womanly spirit, and all the constancy of love and affection which so pre-eminently characterize, beautify and enoble the female sex.

In the ovary is developed the ovum or egg. The eggs are present in a more or less developed form in the ovaries of the child at an early date. They continue to develop with the growth of the child until the full constitutional and sexual development is completed at age of puberty. With each return of the menstrual or monthly period, one or more of these eggs breaks loose from its fetters in the ovary, is received into one of the oviducts, called fallopian tubes, and then is carried to the uterus, where it may become impregnated

or passed out with the menstrual flow and is lost. Menstruation, or the monthly period or courses, usually occur at the time of the ripening and discharge of these eggs.

The first menstruation usually takes place about the fourteenth year in the girl's life. In some individual cases it comes earlier, and in others much later. Again it differs among different people, and in different climates, being usually much earlier in warm than in cold climates. Also earlier among people of luxurious habits, but in this case, also much more irregular.

The cessation of the menses usually takes place between the fortieth and fiftieth year, about forty-five years being considered the average time of change of life. This change is also subject to many variations, some women passing the change at the age of thirty, while others have been known to menstruate at the sixty-second year of their age. Others again cease to menstruate at the usual period, but experience a return of the flow after some years. In such it is usually due to some diseased condition of the uterus. The cessation of the menses is usually a gradual process, either diminishing in quantity or frequency. This is, however, a critical period in life. The general average duration of the functions of menstruation is about thirty years.

The menstrual discharge consists of an abundant secretion of mucus mingled with blood. When the expected period is about to come on the female is affected with a certain degree of discomfort and languor, a sensation of fatigue, of weight in the pelvis, backache, more or less disinclination to society, etc.

Young girls of nervous and delicate constitution before the appearance of the first menses are frequently subject to headache, backache, fever, nervous twitchings and hysterical attacks. These spells are liable to come on about once a month, lasting from three to eight days. They may, unless the flow appears, continue in this manner from one to two or even three years. The original flow as it issues from the womb is nearly pure blood, but in the passage through the vagina it has added to it the mucous secretions. Each period lasts from two to six days, the flow is more or less according to the temperament of the individual. A plethoric woman who seems to have a great abundance of blood may have a very scanty flow, while a spare, slender woman, who appears to have no blood at all, will discharge much more freely. During child-bearing and nursing the menses are usually wanting. There are, however, exceptions. Some women menstruating with their usual regularity all through the period of child-

bearing and nursing. The menses depend upon the action of the ovaries. Menstruation must find its goal in the grand function of reproduction of the species, to the perfect accomplishment of which all the energies of the individual life are devoted.

THE DANGERS OF PUBERTY.

At this critical period the seeds of hereditary and constitutional diseases manifest themselves. The first symptom of tubercular consumption, of scrofula or obstinate and disfiguring skin diseases, of hereditary insanity, of epilepsy, of hysteria and numerous other maladies, which from birth have lurked in the child, now put in an appearance and become active, and hurry the young girl to the grave or the mad-house.

Mothers, fathers, do not now at this critical period relax your watchfulness. It is all-important that the young girl just budding into womanhood should pass this period of her life in safety. If any disquieting change appears, if any unusual symptoms arise, consult careful, skilled and competent medical advice at once.

You should prepare your daughter for this event, so that she may not be surprised and frightened by the flow of blood.

CHAPTER VIII.

CHLOROSIS, OR GREEN SICKNESS.

By this we mean the most common of all abnormal conditions incident to the age of puberty. One of the most common and peculiar symptoms is a pale complexion with a greenish tinge. It was long supposed to be due to an impoverished condition of the blood, but is now known to be produced by a disease of the nervous system, and this causes mal-nutrition. The symptoms are usually clear enough, the veins have a purplish tint, the white of the eye is yellow, the lips and tongue are a bluish white, the tissues are flabby, and wanting in tone, there is bloating around the ankles, and puffiness around the eyes. We soon have debility and languor, a disinclination to exertion, a general chilliness, cold hands and feet, palpitation of the heart upon the slightest exertion, as going up hill, climbing stairs, etc., dizzy headed,

tendency to become faint, noises in the ears, and frequently pain in the left side. Appetite is impaired, commonly disgust for food, a craving for unnatural things, as chalk, slate pencils, starch, salt, etc. Pain in the stomach is of frequent occurrence. The monthly flow is sometimes scant and sometimes very profuse, but nearly always pale.

This condition may lead on to organic disease of the heart, consumption, etc. Frequently we hear the expression that Miss So-and-So has gone into a decline, or has died of quick consumption, when the real cause was chlorosis.

Treatment:—The first thing to be done is to find out the cause, and then remove it if possible. One of the most common of predisposing causes is habitual constipation, which leads to derangement of the digestive organs and consequent impaired nutrition. Over work, close confinement, constant running of a sewing machine, etc.

There should be an abundance of fresh air, good light, out-door exercise, cheerful society, sea-bathing, etc., avoidance of late hours, and hot; crowded rooms.

The diet is important, a good nourishing diet must be insisted upon. Meat is often looked upon with disgust, and yet it should be eaten. A fair sized, juicy piece of broiled beef steak twice a day

may be insisted upon in most cases. The bowels must be kept open.

In some cases, I can safely say most cases, iron in some form is an excellent remedy. Some stomachs, however, cannot bear it, and when given care should be taken to have the dose very small. Two drops of the tincture of iron taken three times a day in a teaspoonful of water, best taken out of a cup, or one teaspoonful of beef, wine and iron three times a day will often accomplish a great deal.

I advise you to waste but little time in securing the service of a good physician. In the meantime bear in mind to do all in your power to prevent your daughter from drifting into a condition which would give origin to this disease.

HYSTERICIS

Is a purely nervous affection, which is to a great extent hereditary, and affects principally the female system. It is capable of simulating almost all forms of disease, and sometimes puzzles and confuses both friends and physician. Girls approaching puberty sometimes have the most frightful convulsions, even married women and mothers are on occasions subject to them.

Hysteria is a curable disease, and will readily

yield to moral influence, such as the christian science or faith cure. When this is brought to bear upon the mind of the sufferer and they believe therein, they soon become well, and continue in good health so long as they hold to the faith. In this way many wonderful cures have been performed, cures of diseases which had an existence only in the mind. An anecdote is told of a celebrated physician, "Boerhavae," who was called to a female seminary where there were a number of hysterical girls. He summoned them together, heated a number of iron instruments before their eyes and told them that the first one who had a fit should be cauterized on the spine. They all recovered immediately. Hysteria in one person will often produce similar effects in another, hence it is advisable where a girl has hysteria to prevent her attendance upon a school, or elsewhere, where she would be liable to influence other girls.

SECRET BAD HABITS.

At the time of maturity of either girl or boy the parents cannot be too watchful. They should have the perfect confidence of their children. It is just at this age when the system is rounding out into perfect womanhood or manhood, when all the organs and especially the sexual organs are

taking on a new and increased development, when new thoughts and ideas are forming in the mind that the child feels a warmth, there is a restlessness, the mind is in a condition to be easily impressed, the imagination is strong and pictures everything in an unusual light. If at this time you have not the confidence of your child, the future possibility for the growth and development of that mind for good, may be ruined forever. At the age of puberty there is an unusual activity in the sexual organs, there may be itching, or excitement, which causes the child to handle the parts, this handling may develop into self-abuse. Again, unless you have forewarned them, through the association of evil and lascivious minded persons, they may conceive a wrong idea of the uses that nature intended to put these organs to.

Education and a proper understanding of the functions of the various organs of the human body are the only means by which you may be reasonably sure of preventing your child from contracting evil habits, which are not only disgusting, but which will steal their will power, undermine their health, and make of them a physical and mental wreck. Parents, take heed that you educate your children properly. Be modest, speak with a certain amount of delicacy, but speak PLAINLY and to the point.

The best kind of treatment for bad habits referred to, is the preventive, and that is applied by early instruction as to their evil effects and tendencies, and by providing food for the development of both mind and body, and by guarding against moral poison in the reading matter and conversation of the growing girl or boy. Keep an eye on what they read, and consign all books, pamphlets, or circulars devoted to any special quack medicine, to speedy destruction, and try to introduce such newspapers into the family as refuse to admit advertisements of quack medicine of a special kind, such as lost manhood, etc.,—a very difficult kind of newspaper to find, unfortunately. Keep the children interested in active sports, outdoor exercise during the day, and in the evening, besides wholesome games, teach them to read wholesome books.

Let your children have plenty of society. Send them to a mixed school if possible. Male and female, man and woman, boy and girl, in constant association and contact is the true method for school days, as for all the other periods of life.



CHAPTER IX.

RETARDED OR DELAYED MENSES OR MONTHLY FLOW.

More or less irregularity is to be expected at the establishment of the courses, and two very important things should be remembered by those who are in charge of a girl during this epoch. First: no amount of irregularity in the periods, or delay in the appearance of the flow, will warrant medical interference, unless there are other symptoms indicating deranged health. Second: the establishment of this flow is an important effort of the body requiring all the nervous energy that can be spared from absolutely essential vital processes, and for this reason as little as possible should be required of the girl's mind and muscles until the new function is thoroughly established and proceeding regularly and painlessly,

If the flow is delayed, and at the same time there are symptoms indicating that nature is mak-

ing an attempt to establish it, such as backache, bearing down pains, headache, languor, etc., it is time to assist. The first thing to be done is for the mother to examine the girl to discover if there is any obstruction. If the passage is open, then do all that can be done to establish healthy digestion, keep the bowels regular, and if the system is debilitated, it must be built up. At the approach of the symptoms have the girl take a hot foot bath. The water should be as hot as can be borne and sufficient to cover the feet to the ankles. Add a little mustard, permit her to sit quietly with her feet in the bath for at least a half hour, surrounding her, bath tub and all, by a blanket to keep the body thoroughly warm. Be careful to guard against drafts. Such a bath is excellent for similar purposes at any time of life. The best time to take a bath is just before retiring. If this does not prove sufficient and there should be a great deal of pain, a hip bath may be given. If a bath tub is not convenient, an ordinary wash tub will answer the purpose. Put in about a pail full of hot water, tilt the tub up against the wall so that when sitting down in the water it will come well up over the hips, having the feet in hot water at the same time. Envelop the body, tub and all in a blanket. Hot teas, such as pennyroyal, tansy or saffron may be given at the

same time. A half hour of this will usually be found to be sufficient to bring on the flow. The girl should be rubbed thoroughly dry and be put to bed immediately after taking the bath.

Cold baths should never be taken during the monthly changes. Many a girl has lost her health, and sometimes life, by merely bathing her feet in cold or ordinary warm water at this time.

PAINFUL MENSTRUATION.

In health the monthly flow is painless or nearly so. When it is otherwise we have the disease known as dismenorrhoea, meaning painful or difficult menstruation. This condition is dependent upon many causes, such as deformities, displacements, obstructions and so forth. Frequently to overwork, fatigue and exposure. Whatever the cause the first thing to be done is to lie down and keep quiet as possible. If the pain is very severe, take a hip and foot bath as directed under delayed menstruation. If this is not convenient, heat plates very hot and wrap cloth around them, and lay them over the abdomen where the pain is located. A rubber bag filled with hot water is a very convenient way in which to apply heat locally, as it remains hot several hours at a time.

Internally take five drops of the tincture of

pulsatilla in a teaspoonful of water every fifteen or twenty minutes until the pain grows less, then take it less often until the pain is gone, or saffron tea may be given when the flow is dark and painful, with a sensation of motion in the abdomen, or in case the pain is like colic, cramping in the abdomen, take ten drops of the fluid extract of cramp bark (*viburnum opulus*), every half hour until the pain is relieved.

It is often of great benefit to take one of these drugs, in the dose stated, three times a day for four or five days preceeding the advent of the courses.

VERY PROFUSE AND LONG LASTING MENSTRUATION.

The flow may be from various causes increased in quantity and frequency. This condition nearly always demands treatment, as the flow may be so great as to debilitate the system or even threaten life. It is sometimes caused by a too plethoric condition or to an impoverished state of the blood, or from a deeply seated constitutional disease. It is also frequently due to a simple congestion of the womb. Among other causes we have polipoid and cancerous tumors, inflammation of the lining membranes of the uterus, etc.

It sometimes happens that the flow may be

established during the interval between the monthly periods, or increased at the regular time of menstruation by an attack of fever, inflammation of the lungs, small-pox, measles, and numerous other febrile diseases. Although, on the other hand, the courses are sometimes suppressed during the attack and afterwards until the health has been restored. A very copious menstrual discharge during the course of a disease is a dangerous symptom, and frequently the precursor of fatal dissolution of the blood.

The coming of the change of life is frequently accompanied with flooding. The periods may be missed for several consecutive months and will then appear with an alarming flow. The serious and sudden gushes of blood from the womb known as flooding, to which women are liable during pregnancy, abortion and miscarriage, after labor and at change of life, require the attention of a physician, as soon as he can be obtained. In the meantime prompt action is required. Place the sick one on a hard bed, or upon the floor with a comfortable under her and a rolled up quilt or pillow under the hips with the head low, have her lie upon her back and keep perfectly quiet. Even talking (except when necessary) should be prohibited. Apply a soft cloth, napkin or towel to the parts to stop the flow of blood. If a piece of ice

can be procured, apply it to the back at the lower part of the spine, while a towel wrung out of cold water should be laid over the lower part of the abdomen, covering it with flannel and changing it often.

A moderately strong tea made of the plant *canada flea bane* (*erigeron canadensis*), a little of it given at short intervals, is an excellent thing to stop flooding. Five drops of the oil on a little sugar two or three doses at short intervals may be used.

Vinegar is also of great service at times and has the advantage of being in every household. Give one teaspoonful in one fourth goblet of water, all at one dose. This may be repeated in fifteen or twenty minutes if necessary.

THE CHANGE OF LIFE.

By this is meant the cessation of the double function of ovulation and menstruation. It does not usually occur suddenly or at any definite time. It may embrace a period of several months, or extend through several years. In rare cases it stops suddenly never to return again. As a rule the flow will appear occasionally being often as disorderly in other respects, as it is in its periodical returns. There is one case on record

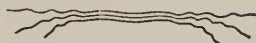
where this function ceased at the age of twenty-eight years. It has been known to continue to the age of sixty-two years. In proportion as the woman enjoys good health throughout the menstrual epoch, being natural in both quantity and character she may expect to pass the critical age with a proportionate degree of safety.

A peculiarity worthy of note is that many diseases are cured or disappear when the change of life is well over. A season of continued quiet and tranquillity after the cessation of the menses supplies a favorable condition to the restoration of health and when the critical period has passed it is found to have been a scape goat of a thousands ills. Slender women may become corpulent and even obese. Bed-ridden invalids get up and walk. They enter upon a new phase of life, with new hopes and relations toward the present and the future.

SYMPTOMS OF THE CHANGE OF LIFE.

Congestions, flushing of heat, and rushes of blood to the face and head, uterine and other hemorrhages, leucorrhœa, and sometimes diarrhœa are present in a plethoric constitution. If a weak and debilitated person we have sallow complexion, weak pulse, palpitation of the heart and

prostration, spells of feeling unusually warm, and a desire to have the windows and doors open. This may also be the time when new life is given to a latent tendency to disease. Nose bleed, piles, bloody urine, and consumption, take on a fresh development. The most distressing maladies which break out at this period are cancer and polipoid tumors.



CHAPTER X.

REPRODUCTION.

Provision in the constitution of the individuals of the human race as in other orders of animated creation for the perpetuation of the species. The two sexes are differently constituted, in various characteristics of their mental and their moral being, and this difference of interior constitution becomes the foundation of corresponding differences in external form. The respective mental and moral characteristics of the male and of the female are so constituted as to correspond to each other, so that from the conjunction of man with woman there results a perfect union.

In their mutual adaptation to each other, in general and in particular, the man is formed for giving and the woman for receiving. When the ovum of the female becomes impregnated, the uterus prepares to receive and develop it.

By the stage of gestation is meant, that period which intervenes between the time of conception and the birth of the child at full term. On an average this takes two hundred and seventy days, or nine solar months. This period is however by no means invariable, for there are many recorded cases where this time was much prolonged, while in other instances there seems to have been a disposition to shorten it. Upon the occurrence of pregnancy we have to do with two different living beings. We will first consider the influence of pregnancy upon the mother, and observe the various changes which she undergoes.

When fecundation has taken place, the uterus becomes the seat of a most remarkable change. The neck begins to soften from below up, and the fundus from above down, it increases in size quite rapidly, and remains in the pelvic cavity for the first three months, the first few weeks becoming slightly depressed so that the neck approaches the external parts. From the third to the third and half months, it begins to rise, out of the pelvis. At the fourth month there is usually sufficient enlargement to make a perceptible change in the abdomen. The uterus continues to raise up to two weeks from the end of the stage of gestation, when it usually settles down to some extent. This marks the near approach to the end.

SIGNS OF PREGNANCY.

Suspension of the menses is generally the first sign which leads the woman in whom pregnancy is possible to believe that such a condition exists. When there is shortness of breath, and a perceptible increase in the size of the abdomen, and at the same time she enjoys good health, the condition of pregnancy is probably a fact. However, it is not positive for all these symptoms may be present without a co-existing pregnancy. On the other hand conception may have taken place and the menses still continue in their regular way. Morning sickness forms in many women the next sign in pregnancy, often beginning with the commencement of this state. About the second or third month the breasts begin to enlarge, the small glands around the nipples become larger, and the discoloration becomes darker, with frequent pains through the breasts such as many women notice at the approach of the menses

QUICKENING:

When it can be distinctly recognized becomes, of course, a conclusive evidence of pregnancy, but it cannot be thus positively determined except by those whose previous experience leads them to

interpret aright the sensations which they experience. The term was originally applied to the supposed period at which the foetus in utero first became possessed of a living principle, or was united to its physical soul, which quickening of the foetus, was believed to be the cause of the changes and usual sensations experienced by the mother at this time. But not only is it true that from the moment of conception the embryo is a living soul, but equally a fact that it may move within a few hours after conception has taken place. By quickening we mean the escape of the gravid uterus from the pelvic cavity into the abdominal. It is not the result as formerly supposed of movements of the foetus itself, but rather the intrusion of the uterus among other organs.

Quickening may occur as early as the tenth week, or as late as the twentieth. The usual time is the sixteenth week. There are many other signs of pregnancy, which however, a physician only would be liable to understand.

CAN THE SEXES BE PRODUCED AT WILL.

This question was asked centuries ago, and is still being asked each day. Some families are most anxious for male offspring, others ardently desire daughters. It is not necessary to enter

into a discussion of the relative merits of any theory. It is sufficient to say that so far as experience and observation have been able to establish the case, it appears that if conception takes place either just before or within the first five days following the menses, a female child is almost certain to be conceived. If on the other hand, conception takes place between the ninth day after and to within a few hours of the reappearance of the menses a male child is very liable to be the result.

STAGE OF GESTATION.

The prospective mother cannot be too careful of her thoughts and actions during this period. If she is cheerful and good tempered her child will be so, if she is strong of body and vigorous of mind her child will be inclined the same way; if both the mother and father have a happy disposition, and are full of pure thoughts, especially at the time the child was conceived the new comer will partake of a similar disposition, I have heard many a mother remark "my child is so cross, I cannot account for it," if such a mother will permit her mind to dwell upon what her actions and thoughts were during gestation she will know why her child has an ill temper. She should

never permit herself to become **angry** or excited, or to partake of stimulating foods and drinks, such as liquors, pepper, spices of any kind, and especially sour drinks, as vinegar etc.

OBSTETRIC CALENDAR.

NINE CALENDAR MONTHS			TEN LUNAR MONTHS.		
FROM	TO	DAYS	TO	DAYS	
January 1	September 30	273	October 7	290	
February 1	October 31	273	November 7	280	
March 1	November 30	275	December 5	280	
April 1	December 31	275	January 5	280	
May 1	January 31	276	February 4	280	
June 1	February 28	273	March 7	280	
July 1	March 31	274	April 6	280	
August 1	April 30	273	May 7	280	
September 1	May 31	273	June 7	280	
October 1	June 30	273	July 7	280	
November 1	July 31	273	August 5	280	
December 1	August 31	274	September 6	280	

The above calendar may be read as follows: A patient has ceased menstruating on the 1st of January; her confinement may be expected at the soonest about the 30th of September, the end of nine calendar months) or at latest on the 7th of October (the end of ten lunar months.) Again: another has ceased to menstruate on the 20th of

January; her confinement may be expected on the 30th of September, plus 20 days (the end of nine calendar months) at soonest or, on the 7th of October; plus 20 days (the end of ten lunar months) at latest.

DISORDERS INCIDENT TO PREGNANCY.

Under this head are considered only such conditions as may be controlled by ordinary methods.

GASTRIC DERANGEMENTS.

Nausea and vomiting (morning sickness): In many women nausea and vomiting set in at an early period of pregnancy, and are simply the results of a peculiar reflex irritation of the stomach; and usually continue but a short time, seldom extending beyond the third month. Occasionally nausea and vomiting appear in the later months, being usually caused by pressure upwards of the enlarging uterus against the stomach.

Next to the cessation of the menses, and especially in conjunction with it, morning sickness becomes one of the earliest as well as one of the most reliable signs of pregnancy; while for all those who have ever before experienced it, there is little reason for mistake in regard to its nature

for, in each individual in whom it occurs, it has a uniform type and well remembered character.

Nausea and vomiting of pregnancy are most apt to occur on first rising in the morning; sometimes the symptoms disappear in a few moments, or they may continue all day and are usually worse on an empty stomach. Some women experience a little nausea and when the first mouthful of food is taken they vomit, after which a hearty meal is eaten without further discomfort, again there are cases where the slightest touch of food or even the smell of it cannot be borne without vomiting.

Two of the causes of nausea and vomiting of pregnancy have been stated. There is another of considerable importance which must not be forgotten, this is one of ænemia or impoverished condition of the blood, and demands the attention of the physician at once, as it endangers the life of the prospective mother.

Treatment: Take one grain of oxalate of cerium dissolved in a teaspoonful of water three or four times a day. In many cases this will be found all that is necessary.

Great benefit has also been derived from a cold tea of peach bark, cases having been cured by this agent when all hope of life had been abandoned, when the vomiting had become bloody, and food had been rejected for many days until the body

had become so emaciated as to be nothing but a skeleton. The peach tea is prepared by gathering the twigs of the young shoots, bruise them until the bark can be peeled off, put the bark in a bowl of cold water (sufficient to nicely cover the bark) permit it to stand several hours. The dose is one teaspoonful after vomiting or once ever two hours. Rose willow may also be used, chew the bark and swallow the juice.

PYROSIS-ACIDITY-HEARTBURN.

This distressing form of gastric disturbance sometimes makes its appearance soon after conception, while in other cases it may not appear until much later, if at all. Some women are remarkably subject to this distressing affection. There may be nearly a burning in the throat. Sometimes this symptom accompanies nausea and vomiting.

Treatment: A piece of muriate of ammonia as large as a white bean dissolved in a tumbler half full of water, dose one teaspoonful of the solution taken once an hour when awake. In mild cases three or four doses a day will be sufficient, In other cases a little lime water will answer the purpose.

CONSTIPATION.

This can be usually controlled by an occasional dose of one eighth of a grain of podophyllin taken in pill form,

DIARRHOEA:

May be developed during pregnancy, like constipation or hemorrhoids from constitutional dyscrasia, or it may be developed in consequence of some imprudence in diet or by taking cold.

The condition of the bowels in which diarrhoea makes its appearance is more like actual disease than where constipation exists. The diarrhoea may alternate with constipation, or it may be of that character which naturally accompanies acidity of the stomach and great weakness of digestion.

Diarrhoea often accompanies and may occur in consequence of violent mental emotions, to which pregnant women are peculiarly liable. It is to be borne in mind that a diarrhoea long continued may bring about abortion or premature labor, hence the importance of early attention to treatment

Diarrhoea and urinary derangements should be referred to a physician without delay.

Many cases of too frequent desire to urinate accompanied with bearing down pain, straining and

burning, have been promptly relieved by Queen of the Meadow, take five drops of the fluid extract in a little water once in three hours, or drink a little of the tea of the root.



CHAPTER XI.

When a person falls sick the first thing to be done is to discover the cause. In order to do this, you must be more or less familiar with the symptoms of disease. This volume does not give an extensive treatment of disease. It aims, however, to give all in this line that can be safely used by one ordinarily familiar with diseased conditions.

To begin with, the patient must be born. Usually the doctor looks after this matter, and ushers the little stranger into the world. The doctor is the first to welcome and the last to bid farewell.

But what are you going to do in case the doctor does not arrive in time, for baby does not wait the convenience of any one. In the words of Dr. Hanchett I will say, "Whatever else you do, keep cool, speak quietly, move deliberately, think what you are about, and try to have a reason for every-

thing you do." Never be in a hurry. Usually it is a safe rule to await the developments of nature. If woman had always lived, dressed and exercised, slept and eaten according to the demands and dictates of nature, the mother might safely leave the birth of her child entirely to nature's process. Accidents would be very rare. Nature may, and generally does, bring the frail little bit of humanity into the world with safety, but she will neither wash nor dress it. Before, during and after this wonderful advent, the mother needs much wise council.

Towards the end of the ninth month certain changes take place which give warning that labor is not far off. One of the earliest of these is the settling of the gravid uterus. The upper end of the womb, which at the beginning of the ninth month reaches as high as the pit of the stomach, usually about two weeks before labor, falls a little below. This gives great relief to the stomach, and the breathing becomes easier. The relief gained above, or in the upper part of the abdomen results in an aggravation of the difficulties below, walking becomes more difficult, there is a repeated desire to urinate, and hemorrhoids are apt to form.

A sign that makes it probable that labor is actually about to commence is the appearance of a slight "show." This consists in a discharge of

mucous streaked with blood. If you are thoroughly satisfied that labor is beginning, immediate attention should be given to the preparation for it. If the bowels have not moved freely during the previous six hours, a simple enema of hot water with a little soap should be taken. The emptying of the lower bowel facilitates labor, and will save both the patient and attendant the annoyance caused by the passing of feces during a later stage. During the early stage of labor it is of no use to hold the breath and bear down at each pain. It is a waste of energy until the womb is thoroughly dilated.

In the early part of labor the pains are slight, occurring at long intervals, and are usually low down in the back and in the abdomen. They soon begin to come closer together and grow stronger. Each pain is comparatively feeble at its commencement, increases in intensity until it reaches its height, and then gradually passes off. This character, together with the regularity of their occurrence serves to distinguish pains really due to uterine contraction from colic or other pains.

The bag of waters consist of the membranes forming the sack which encloses and contains the foetus and the liquid surrounding it. In this liquid the child floats. During pregnancy this liquid

serves to protect the child from injury. During labor the contractions force some of this liquid and sack down into the mouth of the womb, where it acts as a wedge and assists in dilating. Experience teaches that where the waters escape early the labor becomes more tedious. It occasionally happens that the liquid is very scant or entirely wanting. If the latter, the child is very apt to be "still born." As a rule the less liquid the greater the danger, and the more difficult the labor. When labor has gone sufficient to dilate the mouth of the womb an arm of the sack containing water is forced through, rupturing the membranes and the fluid escapes. Then the head passes through and gradually makes its way down the vagina.

Labor usually extends over a period of from one-half to twelve hours, and until the head or some other part of the child appears, there will be nothing which the unprofessional can do. The mother, however, will monopolize attention, and if the labor should last beyond six hours, all effort to procure an experienced physician or nurse should be made. In the great majority of cases it is the back part of the child's head which is first seen or felt. It is better to allow it to take its own course, at least until the greater part of the head is fully exposed, then the head may be

gently lifted backward, (with reference to the child's body) so as to disengage the chin at the earliest possible moment. Usually the baby's entrance into the world is arrested for a few moments at this point, and sometimes he will begin to struggle and cry in spite of the pressure maintained on his chest.

NOW A CLOSE EXAMINATION OF THE CHILD'S NECK
MUST BE MADE

To see if the naval cord is wound around it, if it is, an effort must be made, in a gentle careful manner, to slip it over the child's head. First, pull gently upon the end that goes to the placenta or after-birth, be careful not to pull upon the other end, usually it can be readily slipped over the head. When this is impossible, it may yet be loosened sufficiently to allow the child's body to slip through it.

When born if the child should be already crying and breathing, and the pulsation in the naval cord has CEASED, it will then be safe to proceed to tie it. This may be done by means of a narrow tape, not closer than one and a half inches from the body of the child, and tie again about four inches from the body of the child. Cut the naval cord one-half inch from the last place of

tying. It must be tied in two places, because when cut if not tied the child would lose blood from one end and in case there should be twins the loss of blood from the maternal end would endanger the life of the child yet unborn. Remember that this naval cord is both wind pipe and gullet to the unborn babe. In the capacity of gullet it may not be as essential to the child who is partly born, and likely to be fully in the world in a few minutes, but in its capacity as wind pipe it is of the utmost importance to the baby unborn, until he has given unmistakable evidence of knowing how to use his lungs.

Never tie the cord until the child breathes freely, or until the pulsation in it has ceased.

When the lips or feet of the baby is the first part seen or presented, the condition of things is much more unfavorable for the little stranger. This because from the nature of the case the naval cord must be pressed between the baby's head and the hard parts of the mother, as the baby's head is the largest and most inflexible part, requiring all the room there is in the passage way through which it must enter the world. If the head comes through last, it must, in many cases, stop the flow of blood through the naval cord, and in this way cause the suffocation of the child. There is very little the inexperienced attendant can

do to save the life of the little one in such a case. One thing, however, can be and must be done—it has saved the life of many a baby—air can be admitted into the vagina; first, after the feet are born, introduce the finger up the vagina until it reaches the naval cord of the child, then very gently and between the pains, endeavor to pull it down. Often this expedient will assist in restoring the circulation. When the baby is born and the pulsation in the cord has stopped, the child will often make an effort to breathe. Raise the body, (if the back is up), introduce two fingers into the vagina to the nose or mouth of the child, leaving a sufficient passage between them to permit the air to get into the vagina and to the nose of the child. If it succeeds the little one will probably live. This plan should always be put into operation.

In the event of the cord coming down before the head makes its appearance, an effort should be made to hold it back or push it up beyond the head, and hold it there until the head has filled the canal.

It sometimes happens that the sack in which the child is contained while in the uterus is not torn during labor, and when the child is born it is still within the sack. Under such circumstances as soon as the head makes its appearance, or is

about to, this sack should be ruptured. An experienced person should perform this act, as soon as the mouth of the womb is widely dilated; but others should not interfere until the head of the child can be seen, as they are liable to make a mistake, and perhaps do injury. As a rule during the natural process of labor, the sack will become ruptured at the proper time. If however, it should not do so up to the time the head presents itself at the external opening, and when a portion of it can be plainly seen, it should be then ruptured, as it facilitates labor and hastens delivery. Never use an instrument for this purpose. If the sack is tightly drawn over the head of the child, rub the finger nail over it during a pain and it will give way.

After the baby is born, the cord tied and cut, what is to be done with it? You should have a blanket prepared, warm it, place on it a small sheet of linen or cotton, also warm, roll the baby in the sheet, wrap the blanket around it leaving plenty of breathing space around the mouth, then lay it away in a warm quiet place to rest for awhile, for the baby has come over a hard road and from a warm climate.

After the child has been cared for in this manner, the next attention should be given to the placenta, or afterbirth. In most cases the pains

cease for a few minutes after the expulsion of the child, and when they do reappear, they are in a milder degree. As a rule the placenta becomes entirely detached from the uterus and either lies free in the vagina or is forced entirely without the body. Again it often happens that it is expelled at the same time the child is born. Within ten or fifteen minutes you should be ready to remove it, as a rule the sooner it is done the better. Usually within this time the pains will have re-established themselves. Introduce your finger into the vagina and if you can reach the point of junction of the cord and placenta you may consider it has been detached from the uterus, and its delivery may be assisted by making very gentle traction upon the cord; it must be very carefully done for fear of tearing it. Sometimes the afterbirth is detached, but fills the mouth of the womb. In such a case take a napkin in your left hand and grasp the cord with it, then introduce the finger of the right hand into the vagina, crook it over the edge of the placenta, hooking it down, at the same time pulling gently on the cord with the other hand. In a large majority of cases these maneuvers will be sufficient, but in case they are not, matters may be facilitated by requiring the mother to bear down at the same time that gentle traction is made. If there is no severe

hemorrhage these methods may be tried at intervals for an hour or two, after which time, if not successful, send for a physician. If, however, hemorrhage is profuse a physician should be sent for at once.

Hemorrhage or Flooding:—This is a dangerous complication of child birth, nevertheless, it can be usually controlled by prompt measures. If the mother should show signs of excessive flowing, remove the pillows from beneath her head, raise the foot of the bed five or six inches, and have her keep perfectly quiet. If after a few minutes this is not sufficient, wring a towel out of cold water, apply it on the abdomen over the uterus, cover it with a flannel, and change it frequently. The water must be as cold as can be had. At the same time give internally a teaspoonful of vinegar in a little water every fifteen minutes for three doses if necessary. If the flooding is very alarming, a teaspoonful and a half of vinegar may be given at the first dose.

Care of the mother:—After the placenta has been delivered, the mother should be made comfortable. First remove the wet sheets and soiled clothing, apply a soft cloth to the parts, put on an additional quilt or two. No bandage should be applied. The reasons for this are: 1st, it is contrary to nature; 2nd, the uterus at this time is

much enlarged, and a tight bandage will crowd it down into the pelvis, and when the woman gets up, unless she be of strong constitution, she will have a displacement or "weakness." In all things observe nature and follow her instructions as closely as possible. I have tried the bandage and experience teaches me that my patients do much better without it.

The mother should be required to remain perfectly quiet both in body and mind. A pleasant chat after all is safely over is very enticing and apt to be indulged in by both nurse and friends, and I am sorry to say, sometimes by the physician. Too much cannot be said against this cruel and injudicious practice. It is to be remembered that the mother has just emerged from a most trying ordeal and needs rest. There should be perfect quiet. Have the room darkened. Additional covering should be applied, for it often happens that a chill follows the heat induced by labor.

The urine should be voided within six hours after labor. Warm the vessel, pour a little hot water into it, have her turn over on her hands and knees, be very careful not to make any sudden moves. This position will be found to be the easiest in which to perform the act.

The bowels need no attention for two or three days. If they do not move within that time of

their own accord, give an injection of soap suds, from a pint to a quart will be found quite sufficient, give it as hot as can be borne. Never give a cathartic.

Until after the secretion of milk has been well established, the diet should be very simple, the room kept warm, well ventilated and shaded. After the milk has made its appearance, the nourishment should be generous and nutritious, consisting of both meat and vegetables (eggs, oysters and fish must be strictly avoided.) After the third day, a little more light may be admitted from day to day. Never forget to have plenty of fresh air and allow plenty of fresh water to drink. The bed coverings should be light and the bed well aired each day.

The mother's clothing and bed linen should be changed frequently, always air it by the fire in another room before using.

As to the length of time required to remain in bed there can be no arbitrary rule, it may be perfectly safe for one woman to be up in five days, whereas it may be necessary for another to remain in bed for fifteen days. From nine to twelve days is the average. As a rule the mother will be stronger and better if she remain in bed for two weeks. During the entire nursing period the diet should be plain, but nourishing and abun-

dant. When the weather is suitable out-door walks and drives should be indulged in.

Remember that spices, sour drinks, liquors of any kind, anger, nervousness and fright, all influence the character of the milk and leave their effects upon the child. Spices, sour drinks, and liquor give baby the colic. A severe fit of anger in the mother who nurses her babe has been known to throw the little one into convulsions and even cause its death. Nervousness on the part of the mother makes the baby fret and worry.

If the mother should become very angry or frightened it is a good plan to withdraw the milk from the breasts and allow it to fill again before nursing the baby. If you wish a good healthy baby, always keep an even temper, eat plain and wholesome food and be regular in your habits.

THE AFTERPAINS AND THE LOCHIA.

The complete restoration of the uterus to its natural size takes about six weeks. It is produced by virtue of elasticity of its muscular tissues. Sometimes, however, this process is not sufficient. When organic contractility is brought to aid, then we have pain. These pains are more or less severe, according as the amount of the blood clots and shreds in the uterus are abundant or scant,

or the liquid in its walls is great or small. When the afterpains make their appearance it is usually soon after the child is born, and continues with greater or less severity for two or three days. Fluids and clots are discharged with each pain. Afterpains are much more liable to appear after the birth of the second baby than the first. Although the afterpains are not as severe as labor pains, they are very distressing. If the flow is scant, they can often be relieved by the application of heat to the abdomen, but if the flow is profuse it is not safe to employ this agent.

Five to fifteen drops of the fluid extract of black cohosh, in a half goblet of water, a teaspoonful taken every half hour will usually quiet the pain.

The lochia constitutes a discharge from the genital organs after confinement. It commences soon after the expulsion of the child and placenta and continues for from six days to three weeks. Occasionally stopping suddenly at three days or extending on for three months. The discharge results from a disgorgement of the uterus and return to its normal condition, and is principally derived from that portion of the uterine surface from which the placenta was detached. During the first 24 hours the discharge is usually quite bright, and bloody, and sufficient in quantity

to soil ten or twelve napkins. After this the discharge gradually diminishes, as it passes through its four or five stages, becoming lighter in color and finally ceases. Frequently just before it stops it becomes quite bright, and then ends suddenly.

The milk generally in first confinements makes its appearance about the third day, and is usually preceded by a violent headache and fever. When the fever is high the lochia is liable to be suppressed, but as soon as the fever is gone it returns.



CHAPTER XII.

Management of the child after birth: It should be washed and dressed as soon as convenient. Some unctious matter, as lard or sweet oil, should be rubbed into all those parts covered by the white caseous matter. Then wash the baby with warm water beginning with the head, face and eyes, taking the utmost pains to have the latter clean, and to thoroughly wash and dry all the folds and wrinkles of the skin. I will give you the method in detail.

First, a rubber sheeting, one and one-half yards square, is placed upon the carpet in the nursery, the room being of a temperature suitable and comfortable for you to work in. Upon this is placed an infant's bath tub, partly filled with water, of a temperature at 92 to 98 degrees. Into this is thrown a soft sponge or a soft turkish wash rag.

It is best to use no soap, the objection is, that soap is made of lye and grease, and the lye is

hurtful to the skin, being most hurtful where the skin is the thinnest. Behind the ears, under the arms and between the legs, soap makes the parts raw.

Simple water will make an infant quite sweet and clean, as I have reason to know from a large experience. Next, place two chairs between you and the fire. Upon one of them place the Gertrude suit (explained further on) all put together and ready for use, over this draw a soft towel. Over the other chair place your receiving blanket, which is composed of a woolen blanket one and one-fourth yards square, inside of which is placed a cotton flannel one of a like size, or two soft towels sewed together. Prepare the diaper and place it upon the hearth, where it will be warm when wanted.

When all is ready remove all the dressings from the little one, and immerse him in the water all over except the face, supporting the head with the left hand, while using the sponge with the right. Always begin at the top of the head, then the eyes, ears, nose and mouth in turn, then the chest, arms and abdomen, the private parts thoroughly and so down to the feet.

Now you know how to begin and you know when you are through. Now turn the baby over so that his chest shall rest upon the palm of the

left hand. Hold him just high enough to keep his nose out of water, and with the right hand sponge him off, beginning as before at the top of his head.

When you are through sit back in your chair and draw the receiving blanket into your lap, place the little one in it and wrap him to the chin, being sure to have the folds of the inner one tucked under the arms and between his legs. He will not take cold in these two warm blankets, nor would he in his warm bath.

While his body is thus protected, take the soft warm towel, and dry his head, face and neck, and part and brush his hair; in short, make his toilet complete to the neck before exposing his body. Now take out first one arm and then the other, drying them thoroughly, the chest, back, abdomen and so on until the work is completed, being careful to expose as little of the body at a time as possible.

Next dress the navel-cord, by taking a soft piece of old linen, five inches long by two or two and a half inches wide, cut a hole in the center two inches from one end and just large enough to admit the cord. Pull the cord through and wrap the cloth around it, turn it up toward the head. Put on the band, not too tight, pinning it with two pins, then may be added the diaper. The

muscles of the abdominal wall were made elastic for a purpose, it accommodates itself to the varying conditions of the child's digestion. If it has a full meal the wall is large enough, and if it has eaten little the wall is none too large; if there is wind in the bowels the abdomen distends and gives it room until it can find its way out. The bandage destroys all this elasticity, and defeats the Creator's plan in this matter. Do not be afraid of rupture. In fact you are in more danger of rupture with than without the bandage. Suppose the band was well applied in the morning; it will not be long, through the constant motion of the little one, before it is displaced, and the pressure from an over distended abdomen all comes in one place leaving the navel or groins exposed. Then when the baby cries it forces out the weakest part and you have a rupture, simply because the band does not permit the muscles to expand all over in a uniform manner. It is utterly impossible to put on a band in a perfect manner and keep it there. Many a time I have been called to see a crying baby, and by loosening bands have turned it into a good-natured laughing little one. Dress the navel as directed, be sure and have the band pinned on just tight enough to protect the cord, and as soon as it comes off remove the band altogether.

Nature never intended your babe to have a dressing with a band. God never does his work by halves. We advise the pad and band for so short a time merely as a matter of convenience. They are not necessary at any time. Baby would do just as well without.

The next question is what shall be put on the baby in the way of a dress. After the cord has been dressed and the diaper put on, the little one will need something more.

The usual method of dressing the baby is an abomination, an injury and the cause, as I believe, of many spinal and lung difficulties. In the first place the pinning blanket is usually made of flannel, apparently on purpose to irritate the delicate skin. Then it is pinned tight around the body well up under the arms, so as to constrict the ribs and interfere with the proper expansion of the lungs. The lungs are very important organs, and the new comer needs all the fresh air he can get, and his breathing capacity must not be interfered with. Who shall say that much of consumption and other lung diseases which scourge our land have not one, at least, of their predisposing causes right here.

Give every part of the baby free play, do not hamper the limbs in their motion, or the lungs in their action, or prevent the abdominal walls from

expanding or contracting as nature intended they should. Often when you think your baby has the colic, he is crying simply because he cannot breath freely or move his limbs. How quick the little one quiets down when you remove his clothing and give his muscles free play.

Now let me tell you of a method of dressing your baby, which in simplicity and comfort surpasses anything yet produced. It was designed by Dr. L. C. Grosvenor, of Chicago, who named it "The Gertrude Suit," after his daughter, for whom it was designed. The doctor describes it in the following language:

'While I am aware that it is easy to find fault but not so easy to show a better way, I am confident I can give you something infinitely better in the "Gertrude Baby Suit," entirely free from all the objections, perfectly healthful and beautiful, and very convenient to the mother using them. Then too, it gives plenty of room for the baby's movements.

'The under garment should be made of nice fleecy goods, cotton flannel is the best. Cut princess, reaching from neck to a foot (25 to 30 inches long) below the feet, with sleeves below the wrists, and having all the seams smooth, and the hems at neck, wrist and bottom upon the outside, the latter turned over and felled, or cat-stitched

with colored worsted, a tie and one button behind. Here you have a complete fleeced lined garment, comfortable and healthful, and one that can be washed without shrinking. The next garment is made of baby flannel (woolen) also cut princess, same pattern only one-half inch larger reaching from the neck to 12 or 14 inches below the feet, made to cover the other; made with generous arm-holes, pinked or scalloped but not bound, and with two buttons behind, at the neck, and it may be embroidered at pleasure. The ordinary baby dresses are all right, except that I would have them only from 30 inches to a yard in length.

“Now these three garments are put together before dressing, sleeve within sleeve, and then are put over the little one’s head at once and buttoned behind, and the baby is dressed. There being but one pin, a diaper pin, in baby’s dress, instead of fifteen. No shoulder blanket should be used, because it is sometimes over the head, sometimes about the shoulders and neck and sometimes off entirely, and these changes are exposures. Accustom the little one from the first to go without it.

At night the dress should be simply a cotton flannel night dress and a diaper. The dress being not unlike the undergarment in a suit, only a little longer. It is absurd to think that a child can

rest sweetly in a diaper and pinning blanket, a bandage, a shirt and a double gown, as many a child is expected to do. A good rule is to dress the little one as you would love to be dressed yourself if you were baby.

When our young mothers go into the business of dressing their first little one, they do not ask "How can I dress the child best in the physiological light of to day, how can I dress it so that it will be perfectly comfortable and happy, how can I dress it with the greatest comfort and ease to myself?" but "How did my grandmother do this?" So they go back fifty years for their models. All honor to our grandmothers, they did beautifully in the light they had, but if our girls of to-day do not do better than their grandmothers, they do very badly. The advantages of this method are:

First. Perfect freedom to all thoracic, abdominal and pelvic organs.

Second. That all clothing shall hang from the shoulders.

Third. The greatest saving of time and strength of the mother in caring for her babe.

Fourth. The resulting health and comfort of the child.

Fifth. The evenness of the covering of the body, there being the same covering over the shoulders as elsewhere.

Let us make the physical life of our babies so perfect and happy as to realize the words of Wordsworth, "Heaven lies all about us in our infancy."

People are often alarmed when baby does not urinate the first day, yet as a rule there is no cause for apprehension; for the lack of urine is due as much to a lack of fluid in the system as to anything else. Many people give the baby a tea of watermelon seeds. This supplies fluid to the system, and at the same time acts as a diuretic. If the baby is given a little fluid and there is no obstruction or deformity it will within forty-eight hours void the urine.

Do not feed the baby. Put it to the breast, nature usually provides what is required, but if it becomes necessary to feed the child, (the mother not having sufficient nourishment,) follow the directions for feeding given elsewhere in this volume.



CHAPTER XIII.

BREASTS.

The breasts are occasionally the seat of very painful and distressing abscesses and swellings. They form at different periods after delivery, and are always accompanied with more or less fever and usually preceded by a chill. There is more liability to abscess during the first three months after parturition, but it may occur at any time thereafter.

The most common causes of abscess in the breasts are, cracked nipple, repression of the secretions of milk at an early period, too much handling, bruise, moving the arms too much while the breasts are distended, exposure to cold, etc. It would be needless in this place to talk of the various other causes, as perhaps the only ones in the patient's power to prevent are those of taking cold and cracked nipple. The custom of bathing

the breasts and handling them is a pernicious one. During the first three days the breasts become congested and very painful. Instead of rubbing them and drawing the milk out with a pump, you should put on warm or hot flannels, and otherwise leave them alone. In an experience of twelve years I have not had one case of broken breast occurring in women whom I attended in labor. I have attributed this success, to the fact that I have positively forbidden the rubbing and handling of the breasts, or the drawing of milk without first consulting me as to the advisability of it. The mother may feel as though the breasts are too full, and desire to have the milk removed, but the fulness, is not so often due to an excessive quantity of milk, as to a congested state of the blood vessels. If this congestion is allowed to remain it soon develops into inflammation, and in three or four days there will be an abscess. If you attempt to drive it away by rubbing or bathing you will only irritate and make it worse. The same condition occurs in using a breast pump. It is supposed by some physicians that "broken breasts" seldom if ever occur except as a consequence of cracked nipple, this however is, it seems to me, putting the case too strong. Nevertheless it cannot be questioned but what cracked nipple is the cause of "broken breasts" in the large major-

ity of cases. Hence the necessity of either preventing this painful affection altogether or curing it promptly when once discovered to be present.

Treatment:—As soon as you discover a tendency to “cracked nipple” procure $\frac{1}{2}$ oz. of the tincture of calendula (marigold flowers) add it to five times as much water, apply a little of this to the nipple after each nursing, wash off with a damp cloth before the child nurses. If the tincture cannot be had, steep the flowers of marigold in a little lard or vasolene. Look up the subject on ointments.

The first symptoms of an abscess are usually a deep lancinating pain, an aching or throbbing. Soon there is a diminution in the secretion of the milk, with swelling. The mother or nurse is very apt to think the breast is full of milk, when as a matter of fact there is less milk. A tumor or hard lump begins to form, with a red and inflamed appearance of the skin over it. A chill more or less severe and headache. If at this stage you will employ proper treatment, you can easily subdue it. A few hours or a day will re-establish the milk, and restore the health.

The first thing to be done is to apply hot applications. These may be either dry or moist; try the dry first. Heat a saucer very hot, wrap it up in a napkin, lay it over the breast, have it as

hot as can be borne. If after two or three hours there is no improvement, wring flannels out of hot vinegar and apply them, changing often. Be careful not to get the clothing wet. At the same time, if you have it, put three drops of the tincture of belladonna into half a goblet of water and take a teaspoonful every half hour until there is improvement, and then every hour when awake until well. This method will rarely if ever fail, if used before matter forms.

If an abscess has formed, a physician had better be consulted.

TO DRY UP THE SECRETION OF MILK.

If for any reason it becomes necessary to dry up the secretion of milk, the following method will be found a good one.

Dissolve one-half ounce of camphor in twelve ounces of turpentine and apply it to the breasts.

Debility, Nursing Sore Mouth, Etc.:—Some women of a delicate constitution cannot suckle their children long without an evident appearance of declining health, and if persisted in will result harmful to both mother and child. Thrush, dyspepsia and lung diseases are apt to develope.

Under such circumstances unless a generous diet, fresh air and other methods are capable of

restoring the health she should wean the baby.

Nursing sore mouth:—This is a disease to which newly made mothers and children more particularly are subject. It appears in small white ulcers upon the tongue, gums and around the palate, the mouth looks red, inflamed and sore. When the disease is mild it is confined to these parts, but when violent, and of long standing, it is apt to extend through the stomach and bowels causing severe purging, flatulence and other disagreeable symptoms. When the disease is confined to the mouth it is easily removed.

Local treatment:—First. Take equal parts of honey and pulverized borax, mix them thoroughly together, swab the mouth every two to six hours.

Second. Take one-half teaspoonful of powdered golden seal to two teaspoonfuls of honey or molasses, mix them thoroughly and use the same as above.

Third. Take one part of powdered alum, two parts honey, mix thoroughly, swab the mouth once in four hours.

Fourth. A tea made of the bark of green ozier (rose willow) stands at the head of the list as a curative agent for sore mouth.

One of these together with a change of diet will usually be found sufficient to cure the disease.

In case the disease has extended to the stomach

and bowels careful attention should be given to the diet. If the child takes milk alone, add a little lime water to the milk, as directed under the head of diet for infants, and give internally a tea from raspberry leaves or strawberry leaves, or sage. If the child is very fretful, wants to be held all the time, cries and worries, give a tea of chamomile flowers.

MILK LEG.

Milk leg:—This disease is not of very frequent occurrence being only occasionally met with a few days after delivery, and is evidently of an inflammatory nature, not only affecting the leg but the whole system in some degree. Rare cases occur where both legs are involved. It can hardly be termed a dangerous disease. There is often considerable fever and swelling the first few days. Recovery takes place in from six weeks to six months. It is an inflammation of the veins of the leg.

Symptoms:—The first thing noticed is a pain in the groin followed by a chill, headache and fever, soon the limb feels stiff, in twenty-four hours it may be swelled to twice its natural size. The color does not change unless perhaps it becomes a little whiter than usual. After a time the symp-

toms are relieved, but the limb remains weak, swollen and painful. This sickness demands the attention of the physician, in the mean time hot fomentations may be applied to the limb to ease the distress and pain. Bandage the limb from the start, and for a long time afterward.

Piles:—During and after pregnancy piles are of common occurrence. The bowels should be kept open by an ænema of hot water (never use a cathartic) apply locally the æsculus ointment (horse-chestnut) once or twice a day; also see list of ointments.

Abortion or miscarriage:—The separation of the child from the mother's womb at any period before the seventh month, after which to the end of full term it is called premature labor.

Symptoms:—The early symptoms are pain in the loins and lower part of the back, sickness at the stomach, coldness, chilliness and palpitation of the heart. The membranes and blood vessels become torn and cause more or less hemorrhage.

The causes:—Violent exercise, lifting, accidents, or injuries from blows, falls, etc. Nervous susceptibility, plethoric habit of the system, exhaustive discharges, improper food, uterine displacements, general debility and criminal practice. When it has once taken place it is liable to recur at about the same time in subsequent pregnancies.

The induction of criminal abortion cannot be too severely condemned. It is often secretly practiced by parties who desire to rid themselves of the evidence of shame and immorality, or else by married women who wish to avoid the care and responsibility of rearing an offspring. This practice is fearfully prevalent, undermining the health of women, and corrupting the morals of society. All the functions of the mind and body are violated in this act. It is a sin, it is murder. The Divine law, "Thou shalt not kill" cannot be violated without serious consequences, its penal effects are pain and misery.

Treatment:—In threatened abortion there is pain in the back, an aching through the hips, and later on some flow of blood. The first object is to obtain perfect rest and quiet, take the recumbent posture by lying down, the blood will be more easily diverted to the surface of the body. Let the room be cool and all company avoided. A tea prepared from the Canada Fleabane, or two drops of the oil on a little sugar and repeated every fifteen minutes if necessary for three or four doses will assist very materially in arresting the difficulty.

In some cases a teaspoonful of good vinegar taken in a little water makes an excellent remedy.

In some women there is a tendency to miscar-

riage at about the usual time of the appearance of the monthly flow. In such cases she should take to the bed about two days before the time arrives, and remain there four or five days.



CHAPTER XIV.

DISPLACEMENT OF THE WOMB

The womb occupies a central position in the pelvis or lower abdomen, having the bladder in front, the rectum behind, the vagina below and the intestines above. It is sustained in its position by surrounding organs and tissues, and also by certain ligaments which extend from the different parts of its wall to the neighboring bones.

The most powerful and important of these supports of the uterus is unquestionably the vagina. This organ is not, in the ordinary condition of the parts, an open tube, but its front and back walls, except when pressed apart, lie in close contact with each other, forming in effect a solid column. This in its turn rests upon the muscles and tissues below.

The position varies somewhat during the month. At the time of menstruation the womb is heavier

and lies lower in the pelvis for a few days. After that it again rises to its normal position. The womb is a movable organ; when the bladder is full it is crowded up and back, when the rectum is full it is crowded to the right and forward.

Whenever the womb has a persistent tendency to remain in an abnormal position it is termed a displacement. A slight deviation from its normal place, or even a considerable deviation when of temporary duration only, is not to be considered a displacement. The womb may be displaced in every conceivable direction.

Cause:—General debility favors the displacement of the womb, as well as various other general and local circumstances and conditions. Wearing heavy garments supported only by the hips, compressing the waist and abdomen by lacing or tight clothing which force the abdominal organs down upon the womb, a fall or a sudden jar, congestion, leucorrhœa which produces a relaxed condition of the vaginal wall.

There are three forms of displacement of the womb to which special attention is given.

Prolapsus, Falling of the Womb, or Female Weakness.

Retroversion, or tipping backward.

Antiversion, or tipping forward.

Prolapsus, or Female Weakness; Symptoms:—A

sensation of dragging and weight in the region of the womb, pain in the back and loins, inability to lift weights, great fatigue from walking, leucorrhœa, frequent desire to urinate, constipation, hemorrhoids, or piles, and disturbance of the stomach. The womb may come down so as to be felt at the vaginal orifice, or come without the body

This form of displacement is the most common, and the most difficult to treat successfully. Ulceration of the vagina, neck of the womb and the rectum are not uncommon complications.

Treatment:—When the disease is of recent occurrence and is not yet of a very bad form the system needs to be strengthened by nourishing diet, by the cold bath, moderate exercise, etc.

Use as an injection one tablespoonful of distilled extract of witch-hazel, to which add two tablespoonfuls of hot water, and inject into the vagina upon retiring at night.

In severe cases carefully replace the uterus, keep the bed for several days, inject a decoction of oak bark, made by steeping a handful of the bark in a pint of water for half an hour, strain and add sufficient water to make a half pint in all. Inject about one ounce of this every night for four nights, and every two or three nights thereafter. In the meantime procure a soft sponge wash it thoroughly, squeeze the water out and in-

roduce it into the vaginal passage. This can be best accomplished by taking the knee and elbow position, when if a little air is permitted to enter the vagina the uterus will have a tendency by force of gravity to take a natural position, the sponge can be introduced taking care to have it sufficiently large, and not too large, to fill the vaginal passage. This is a very good method to employ to support the uterus when it is necessary to be on the feet.



Internally, take two grains of powdered unicorn root or five drops of the fluid extract four times a day.

ANTIVERSION

This is a displacement of frequent occurrence. It consists of the falling forward of the body of the organ against or upon the bladder.

The causes which produce this displacement are many of them the same as those which induce prolapsus, as congestion which increases the weight of the uterus, thus causing a strain upon the ligaments, a weakening of the structures of support, etc. Nervous, irritable women are the ones in whom this form of displacement is most generally found.

Symptoms:—When the uterus is pitched forward its fundus or body presses upon the bladder, inducing a desire to urinate frequently. There is considerable irritation and many other disagreeable feelings. The sufferer from this affection should lie upon the back when resting, or upon the side, never upon the face. Corsets should not be worn, the skirts should be suspended from the shoulders and a broad elastic bandage be worn to support the abdomen

RETROVERSION

Consists in a displacement of the uterus backward, with the body pressing on the rectum. It frequently occurs in young girls at the age of puberty, and is often caused from injuries, falling upon the back, sudden jars or steps, riding over rough roads, jumping over fences and the like. Unless this displacement is speedily removed it

results in serious consequences. Many a young girl romping at school has sustained a fall resulting in this form of displacement. The womb is suddenly tipped back, the body lodges in the hollow of the sacrum, it becomes congested, sometimes inflamed, adhesions are formed between its walls and the rectum, there is severe backache, frequently great pain, especially at the periods, sometimes chills and fever, but the backache is constant and persistent.

Treatment:—Immediate attention should be given to the case. If attended to at an early date it can be easily remedied. The case should be put under the care of a physician at once, stating at the same time what you fear the difficulty to be, and giving an accurate history concerning all the conditions which may have any relation to it. No amount of modesty should deter you from submitting to a thorough examination, for the danger is great, not so much for the immediate danger to life as the danger of speedily becoming a confirmed invalid, and in some cases leading to insanity.

Sometimes when the accident has just occurred, a natural reposition may be brought about by taking the knee and chest posture for five or ten minutes, the uterus by force of its own weight gravitating to a normal position.

LEUCORRHOEA.

Flour Albus, or Whites:—Leucorrhœa is the symptom of a diseased state of the vagina, uterus or the general system. More often it is the result of a debilitated condition or state of the system than otherwise. It is very commonly present, and proves extremely hurtful as it drains the system of vital fluids.

The discharge may be white, yellow, green, or quite dark and sometimes bloody, occasionally being of the consistency of cream, again it is acrid and offensive.

There are few females who are not effected with it at some period in life.

The discharge is sometimes of such a character as to irritate the nerves of the external genital organs, producing an almost unendurable itching. Scratching or rubbing the parts only aggravates the affection. The patient is tormented night and day, is deprived of sleep and naturally becomes despondent. Itching is often developed when the discharge is scarcely noticable.

Plenty of outdoor exercise should be taken and the muscular system developed and hardened. Abundance of fresh air enriches the blood, and sends it coursing through the system with greater force. When a woman becomes fatigued with over-

work, she should rest. When from too much confinement to the house, too much society, late hours, etc., her muscles become soft and flabby then she should not seek the couch or bed except for a good night's rest. She should first take plenty of outdoor exercise, as a brisk morning walk before breakfast, a ride during the day, work in the garden, or any other outdoor occupation, something that will employ the muscles as well as the mind. If this is persisted in, health will soon return, but if you confine yourself to the house, or couch, as many society women do, there will be great danger of becoming a confirmed invalid.

Treatment; Local. 1:—One teaspoonful of distilled extract of witch-hazel, three teaspoonfuls of hot water; inject into the vagina morning and night.

2:—Pulverized golden seal root, a large teaspoonful; pour on to it a cupful of boiling water, permit it to stand one hour, strain it, warm it, and inject it upon retiring at night, being careful to protect the linen, as it has the property of staining it a bright yellow.

3:—For severe forms of leucorrhœa and female weakness this prescription is the best: Take of white oak bark (the inner bark such as is usually used for tanning purposes), when broken up fine, about a teacupful, add one pint of boiling water

and let it steep for an hour. then strain through a cloth, add enough water to the strained liquid to make a pint in all, and inject about one ounce of this every one, two or three days, according to the severity of the case.

Internal treatment:—Tincture of pulsatilla, helonias, iron, and other uterine tonics, the indications for which you will find given under the head of those drugs.



CHAPTER XV.

DISEASES OF INFANTS AND CHILDREN.

The most remarkable circumstance connected with the young infant is its growth. In comparison with the very great activity of its nutrition in a state of health, most of its other functions seem nearly dormant, and it follows that most of the disorders of infancy are either direct lesions of nutrition or the consequences of such lesions.

The mother's milk is the simplest and the most nourishing form of food, and one that requires to undergo the least possible change in order to be capable of assimilation by the child. The milk contains all the elements which enter into the composition of the body.

Directions for nursing the baby are given elsewhere.

ATROPHY OF INFANTS. (Marasmus)

The Atrophy of infants is the very opposite of their healthful nutrition, and consists in a general wasting away of the system. This condition may result either from the unhealthy character of the food with which they are supplied, or from their own inability to assimilate it on account of some inherent hereditary disease. In reference to each case, therefore, it is very important to distinguish as to which of these two classes it belongs. Infants are sometimes born into the world in a remarkably wrinkled, withered and shriveled condition, in whom the process of wasting degeneration even before birth seems already to have become far advanced. Such babies never increase in weight, but rather constantly decrease until they die, in the course of from two to three days to nine months. Some, it might be safely said, all these cases are the victims of a profound scrofulous, syphilitic or other malignant dyscrasia which so materially effects the organism that the functions of assimilating food are never developed into activity.

These helpless beings pine in wretchedness as long as their meagre bodies can supply the substance for their own support. In all cases of wasting the child is restless, peevish, fretful, crying as if continually distressed, and always grow-

ing thinner and thinner, whatever the other symptoms may be.

In some cases after the fourth month the mischief may be occasioned by the severe derangement of the digestive apparatus incident to dentition.

The treatment must be submitted to the judgment of a physician.

INDIGESTION.

Sour stomach, vomiting, colic:—The infant, equally with the adult, is subject to attacks of indigestion. It may follow the introduction of food into the stomach, either too abundant in quantity or unsuitable in quality.

When the stomach is simply overloaded it relieves itself of the excess by vomiting. This act takes place with little effort and no suffering, but if the digestion is due to unsuitable food there is more harm done, as it passes from the stomach into the intestines in a more or less unprepared condition, causing irritation, colic and diarrhœa; in rare cases constipation. It is often observed that changes in the accustomed diet of the mother, violent mental excitement or distressing moral emotions, the return of the menses, or other temporary causes, greatly disturb the character of

the milk, and results in the sudden and severe indigestion of the babe.

Colic is a very common occurrence in babies,—due to a large variety of causes, the most common of which is too heavy feeding. As stated elsewhere a child is often thought to have the colic when it is a pin sticking into the flesh or the CLOTHING IS TOO TIGHT. When there is rumbling in the bowels, the abdomen swelled hard, writhing and twisting of the body, drawing the legs up against the belly, you may know it is colic.

Treatment:—Gentle rubbing of the the abdomen may start the gas and relieve the infant, or the application of heat will often alone give relief. Infusion made from chamomile flowers or mint or from the peppermint plant, a few drops in a teaspoonful of water given to the baby will give speedy relief. Sometimes when there is a tendency to vomit an injection of the same material into the bowels is of great benefit. Often more so than when given by the mouth.

Vomiting:—When due to an overloaded stomach can be regulated by giving the little one less to eat at a time; when due to an acid condition, sweeten the stomach with a little lime water. Vomiting is often the first symptom noticed of the approach of the cholera infantum.

CHOLERA INFANTUM.

This disease is of a very dangerous and fatal character, even under the best of treatment, since it appears usually in the latter part of the summer when the young infant's system is already somewhat exhausted by the previous heat. When the air is impure and the weather is sultry, warm and damp it seems to spring up as an epidemic from some atmospheric miasma, which has a tendency to change the character of the milk upon which the little one feeds; hence the necessity of giving close attention to the diet.

In its worst form the disease runs a very rapid course. Sometimes the violence of the stomach symptoms will temporarily abate and the looseness of the bowels continue in intensity. At other times the diarrhoea appears to become less frequent and painful and the stomach is more severely affected, and occasionally a lull may be observed in the force of the whole disease, and the poor worn out mother can hardly realize that her child is not out of danger; can scarcely understand the physician who sadly explains to her that the improvement should come in a gradual decline and not in a sudden subsidence of the symptoms. The former condition affords ground for hope, the latter but precedes the onset oftentimes of fatal convulsions.

Vomiting and diarrhoea form the most marked symptoms. The stomach is so irritable that it rejects immediately, and sometimes with violence, everything which it receives. At first the vomited matter consists of the ordinary contents of the stomach. Soon the watery, sero-mucous material is poured forth in greater or less quantity; sometimes the matter vomited is tinged with bile, and presents a greenish hue. The discharges from the bowels are ordinarily composed entirely of a perfectly colorless and odorless fluid. In other cases they are still very watery, but the fluid is yellowish or brownish in color, and contains a rather large amount of thin, feculent matter, and has a most offensive odor, an odor which is peculiar, something like the odor of carron, so offensive as to produce vomiting in some people who inhale it, and necessitating the frequent change of the bed linen, clothing, etc. The stools are discharged apparently without the least effort, sometimes unconsciously, generally large in quantity, watery in character, soaking through the child's diaper, clothing and bed. It happens frequently that two or three movements occur in quick succession, followed by an interval of an hour of rest. Occasionally the food taken passes through the whole alimentary canal unchanged.

The extreme languor and prostration and rapid

emaciation are as characteristic of this disease in infants and very young children, as of the corresponding Asiatic cholera in adults.

Treatment:—Begin early in the case. Mothers who have children specially liable to this disease, should keep medicines on hand to check the first symptoms, as it is often too late by the time the physician makes his appearance. At the first appearance of the disease give a dose of blackberry cordial, and repeat after every vomiting or purging, for four or five doses. Or from five to fifteen drops of the fluid extract of crane's bill may be given in the same way, or a little of the tea made from the root may be given when the extract cannot be obtained.

I well remember a case I once had, when I was on a hunting expedition, twenty miles away from any town, I stopped in a small hut in the woods. A little baby was taken with this dreadful disease. I did not have my case with me, so I went into the woods and on the hillsides to find some crane's bill, but not a plant could I find. However, after an hour's search I discovered a little plant sometimes called horse-weed or mare's-tail, the Canada fleabane. I had heard that this plant was of use in cholera infantum. I prepared a tea, and gave it to the little one and soon had the satisfaction of seeing a rapid improvement. I

have since used this valuable plant many times and find it to possess excellent qualities, which will often cure or check a case of cholera infantum.

Cut the fresh plant into small pieces, put it into a fruit can or earthen vessel, cover with water, set this in a kettle of hot water and permit it to steep ten to twenty minutes. Strain and sweeten to taste. Dose, from a teaspoon to a tablespoonful after each vomiting or purging.

Witch-hazel tea, prepared by steeping the bark and leaves of the plant, may be used with benefit.

Lactic Acid, ten drops in one-half goblet of water. Dose, one teaspoonful every half hour or hour.

Acetic Acid, use the same as above. If none of these are at hand, and the physician cannot be had soon, give a few drops of vinegar in a teaspoonful of water. Diet is given in another chapter.

DIARRHOEA.

Infantile diarrhœa constitutes one of the most frequent and serious of all the diseases that occur in infancy and childhood. Of itself alone, diarrhœa does not often prove directly fatal, but its long continuance seriously weakens the patient and endangers the health, and it constitutes moreover a

very grave complication to other forms of disease. It may appear without fever, and is then termed simply catarrhal diarrhœa. Or it may be accompanied with more or less fever and is then termed inflammatory diarrhœa, which may in its turn develop into actual dysentery or inflammation of the bowels. In the mildest form it corresponds exactly to the early and painless vomiting already described as the means by which the over-loaded stomach relieves itself.

The discharge may be of a catarrhal nature, arising from a cold, dampness or careless exposure, or from want of sufficient covering over the abdomen.

The frightful mortality of infants and children, arising from bowel complaints, is my excuse for quoting the following weighty paragraph:

“The system of indiscriminate diet allowed to children in this country, is, it seems to us, a frightful cause of gastric and intestinal complaints. We believe, that as a general rule, children over two and three years of age, are allowed to indulge too freely of the food prepared for the older members of the family. Now any one who will reflect upon the variety of dishes placed upon an average American table, ought not to be surprised to see children, permitted a choice amidst such profusion, pale, thin, delicate, exposed to frequent

indigestions, attacks of diarrhœa and dysentery, to gastric fevers, and a host of minor ills."

In some instances the child does not seem, for a while at least, to be much weakened by the disorders. In others it very rapidly runs down. Pain is usually not present to any great extent, excepting in the inflammatory varieties, when there is also great thirst.

Treatment:—The diet is a very important feature to look after. Extreme care should be used in selecting proper food. Flour baked in a pan over a slow fire, stirred continually until thoroughly browned, of this add a little to the milk with the addition of a little lime water, the whole should be brought to a boil. If the child does not like it, add a pinch of salt. As a rule, in ordinary cases, if persisted in to the entire exclusion of all other foods, this alone will be sufficient for a cure. In chronic cases where all other means have failed, the raw beef diet will sometimes do wonders.

A tea made of red raspberry leaves, or strawberry leaves, or of the bark of the witch-hazel, the root of crane's bill (*geranium*,) are among the best household remedies to be employed.

In the index will be found reference to many drugs which have been used successfully in treating diarrhœa and dysentery.

CONSTIPATION.

Even very young infants are sometimes affected with constipation. In fact during the first two months of infantile life, constipation is frequent, while diarrhœa is comparatively rare. This may be occasioned by some hereditary predisposition, and maintained by the constantly imparted influence of a costive habit on the part of the nursing mother.

In most cases of infantile constipation, the difficulty consists, so far as the child is concerned, in an inactive state of the bowels. Some mothers are in the habit of relieving this by means of a little cone of soap introduced into the rectum. The employment of purgatives of any kind is worse than useless. Injections of a little soap suds each day at the same hour, or the introduction of a little soap into the rectum, will in most cases relieve the difficulty for the time being.

DENTITION.

The development of the teeth in their regular order, although a perfectly natural process, is often attended with much suffering. When dentition is slow, retarded and difficult, it not only becomes of itself a serious disorder, but involves a

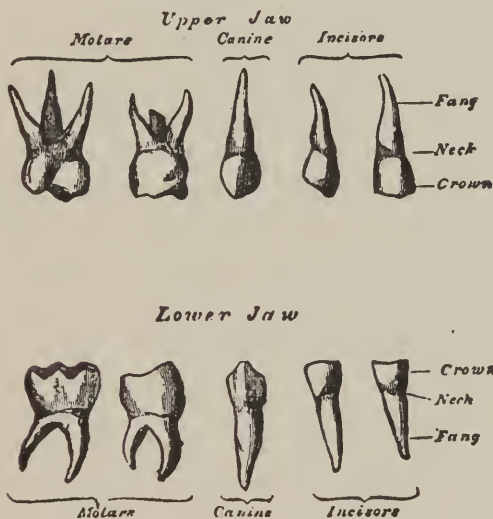
long train of morbid symptoms and actual disease which may exhaust the little one's strength, and finally destroy its life. Even when the teeth are grown and cut through, in the most natural manner there is usually some constitutional excitement which may manifest itself in the forms of fretfulness, worrying, restlessness, inflammation of the gums, heat about the head, and more or less general fever.

The non-appearance of the teeth at the usual time, unless accompanied by symptoms indicative of constitutional disturbances, really furnishes less occasion for apprehension than their premature appearance would. Even in a condition of perfect health, some children cut their teeth at a very early date, some children have been known to have teeth at birth.

In the early months, the infant's mouth is naturally dry. This dryness is relieved by frequent nursing, but usually about the fourth or fifth month a very considerable change takes place in this respect. The mouth is now found constantly full of saliva, and the child is constantly driveling or drooling, but no other indication appears of the approach of the teeth to the surface, except that the edge of the gums become broader than they were before. No further change may take place for many weeks, and it is generally

nearer the end of the seventh month, often later than earlier, before the first teeth make their appearance.

—The Temporary, or Milk Teeth. External View.



The middle incisors of the lower jaw are usually the first to pierce the gum. Next in order appear the middle incisors of the upper jaw, then the lateral incisors of the lower; the first molars next appear, and often without any definite order, though in the majority of cases the lower appear first. The four canine come next in order, and after an interval of several months we have the

four posterior molars. As a rule there are periods of rest between the eruptions of the several teeth. Usually six weeks between the lower central and the upper central incisors, but a pause of three or four months elapse before the first molars cut the gum.

As if from a common center almost all the various disorders peculiar to infancy and early childhood may be seen to spring from difficult dentition. Especially is this true of those lesions of nutrition already described under the head of indigestion—vomiting, diarrhœa, aphthæ, and of such diseased conditions as convulsions and hydrocephalus.

Treatment:—The infusion of chamomile flowers is highly beneficial in infantile diarrhœa and irritability, especially when proceeding from dentition. When the stools are greenish in color, of a slimy appearance and streaked with blood it will quickly calm a fretful child. A dose of the infusion is from a half to a teaspoonful for a child under one year old.

Ipecac:—In frequent vomiting and bloody diarrhœa, Lactic acid or Acetic acid, when the discharges are thin and acrid. Gelsemium in the form of the tincture, from five to ten drops in a half goblet of water. Dose, one teaspoonful every hour, is to be given when the child is very nervous, high fever tendency to spasms, eyes half

closed, and the child is limp and weak. This drug is perhaps one of the best of remedial agents in all forms of nervous irritation. The dose for the above remedies will be found under the subject diarrhœa.

It will be very important to look well after the food, directions for which have been given under the head of infantile feeding.

Thumb sucking:—The notion that thumb sucking is injurious, is probably not entirely correct. I always advise parents to encourage this habit during dentition. Sucking the thumb causes the salivary glands to pour out their secretions, thus moistening the mouth and aiding digestion; the pressure of the thumb eases, while the teeth are breeding, the irritation and pain of the gum and helps, when the teeth are sufficiently advanced, to bring them through. Sucking the thumb moreover makes a cross infant contented and happy, and frequently induces a restless baby to fall into a sweet refreshing sleep. After dentition is completed it is likely to become a habit with a child; in that case it may be easily cured by smearing its thumb with a past of aloes and water: one or two applications will suffice, as after tasting the bitter it will eschew its former enjoyment. I may add that thumb sucking, in my opinion, is far preferable to ivory, India rubber rings, nipples,

etc., we see so frequently given to these poor little mortals by their loving mothers.

CARE OF CHILDREN'S TEETH.

Not many years ago little or no attention was given to children's temporary teeth, except to get rid of them as easily and as quickly as possible, and to-day the extent of popular information regarding the proper care of children's teeth is lamentably small. The object of the first teeth, as designed by nature, is for use and not merely to be pulled out, as so many mothers seem to think. We say mothers because the care of children's teeth is generally left to them.

The process of growth and development is at greatest activity in the child, and teeth for use are far more important to the growing child than to the grown person. It is not in the nature of a child to give special attention to thorough mastication of food, and we readily see that if the child has lost enough teeth to make proper mastication more difficult than it otherwise would be, or if the child is suffering from an aching tooth, or has several abscessed ones, the chances of even tolerably good mastication are very poor. Few people understand how much suffering, and how many ailments attendant to childhood, are due to,

dependent on or caused by the improper mastication of food. Few appreciate the importance of filling the cavities found so frequently in the teeth of children from the age of three years up, and of removing the stain so frequently found on them which is so easily noticeable on the front surfaces, and which is so largely productive of decay. Why should they not be filled, when upon it so largely depends the comfort and well-being of the child, as alluded to above? Their teeth are small in size and not very dense in structure, so that no very great length of time is required for caries (decay) to reach the nerve and cause its death, and probably an abscess. In such a case extraction of the tooth is invariably our only resort.

For while we may devitalize the nerves, and cure abscesses and fill the roots in permanent teeth, not so in case of temporary teeth, owing to the absorption of the root that may have taken place, or because absorption ceases on the death of the nerve. I might remark that where an abscess has formed at the end of a root of any tooth the tooth nerve has died.

If the dentist manages the child with care and gentleness, the work will not be too painful for the child to bear; indeed, the pain is not near so great as that which older persons must suffer in having dental work done, for the work is of a

simpler nature by far, and the temporary teeth are not near so sensitive as the permanent ones, a fact that many people do not know.

Many children, when suffering with their teeth, will say nothing about it as long as they can help it, for fear of being taken to a dentist, thanks to that morbid and unnecessary horror they have formed of the dentist by hearing the foolish exaggerated experience of older persons. Thus we see the importance of knowing the condition of the child's teeth by having them frequently examined by a competent dentist. The child of course dislikes to go to a dentist. So does the dentist dislike it. Precious few dentists like to work for children, for they are hard to control, and squander a great deal of his time, which he is generally poorly paid for. The temporary (or deciduous) teeth should be retained until it is time for them to give their space in the mouth to their successors. This is usually marked by a loosening of the temporary tooth by absorption of its root; but if the nerve of the tooth has died, this absorption ceases, and the tooth may remain firm. Sometimes a too long retention of an abscessed temporary tooth, with the abscess in contact with the crown of the permanent tooth under it, in the process of development, results in a disfigurement of the permanent tooth.

CHAPTER VI.

RESPIRATORY ORGANS.

Coryza, snuffles, or cold in the head is one of the earliest and most common affections of the young infant. It consists of an inflammation of the mucous lining of the nasal passages. Sometimes the first that is known of it is that the infant's nose is stopped up so as to hinder its respiration or breathing while at the breast. There is usually a profuse discharge of mucus, often fever, irritability, etc.

Treatment:—In the beginning of these cases, where there is fever, restlessness and thirst, three drops of the tincture of aconite put into one-half goblet of water. Dose a teaspoonful of the solution every hour.

2d. When the discharge from the nose is profuse and thin, with redness of the nose and eyes, the juice of the white onion extracted with sugar

will prove an excellent remedy. Prepare by slicing the onion adding sugar and heating in an oven.

3rd. When it affects the throat producing hoarseness and if there is also fever, give the aconite as directed above, in addition to which give a few drops of the following preparation occasionally:

Strained Honey, one teaspoonful,
Glycerine, one teaspoonful,
Camphor, four drops,
Mix thoroughly

BRONCHITIS.

The term bronchitis is employed to describe an inflammation of the bronchial mucous membrane. It is also known as catarrhal fever, and bronchial catarrh, and is a disease of very common occurrence among infants and older children, especially during the winter months.

It may attack the large or small bronchial tubes, or extend to the air cells. The deeper it extends into the air passages, the more dangerous it becomes. The disorder runs a very rapid course, and is succeeded by a mucus secretion, dangerous in proportion to its abundance.

The disease results from exposure to a low or damp atmosphere, or from the sudden transition from heat to cold, or cold to heat. The style of

dress adopted by mothers for their children is also a fruitful cause. It is distressing and at the same time absurd to see the tender infant exposed to cold and inclement weather, clad in such insufficient garments as to render it liable to take cold at any moment. Garments which the parents would consider entirely insufficient if they took the time and trouble to compare them with their own ample and comfortable clothing.

Bronchitis sometimes appears as a complication of epidemic and eruptive fevers, especially measles.

Bronchitis frequently begins in the form of an ordinary cold, which soon becomes manifest in the throat by a hoarseness, short barking cough, shortness of breath, rattling in the chest and anxious restlessness with considerable fever.

Treatment:—It is important that the child should be kept in a well ventilated room of equable temperature, and free from exposure to draughts. The most useful remedies are, tincture of aconite, which should be given in the beginning of the difficulty, when there is fever, restlessness and thirst, or when the fever alternates with a chill every few minutes, or upon the slightest exposure to a draught.

Ipecac:—This remedy should be given when there is nausea at the stomach, vomiting, considerable rattling of mucus in the throat or chest.

Bryonia:—Usually in the second stage there is hoarseness, dry barking cough, stitching pains through the chest, and short catching breath.

These medicines may be given in the tincture, from five to ten drops in one half goblet of water. Dose, one teaspoonful ever hour. Lobelia may be given in five drop doses of the tincture, in a child over six years old, under that age from one to five drops.

Hot fomentations over the chest, such as a brand bag or corn meal poultice, are of considerable assistance in loosening and raising the phlegm.

If the child is five or more years of age, and just coming down with the disease, it may be put to bed and given a sweat by means of hot teas and hot applications over the chest. If the progress of the disease cannot be checked, a physician should be summoned, for its spread is rapid and its character too dangerous for procrastination.

CROUP.

A disease peculiar to little children, but by no means spares young infants. It is an inflammatory affection of the throat. Under the general name of croup are found two distinct forms of the disease, one the inflammatory or true croup and the other the spasmodic or false croup. The

former True or Membranous Croup is gradual in its onset, very dangerous in character, and unless early arrested will usually prove fatal.

The False or Spasmodic Croup is usually very sudden in its approach, and oftentimes just as sudden in its disappearance.

Membranous or True Croup:—May begin with simple hoarseness, followed by an occasional hoarse cough, which to unexperienced ears may have no particular significance. This hoarseness may continue and the cough become more frequent two or three days before the illness of the child becomes so obvious as to seriously cause alarm. Usually the symptoms become worse towards night, but in the morning the child is so much better as to give the impression that the danger is over.

Each evening the difficulty grows worse, the pulse becomes hard, the face swollen and flushed, and the breathing exceedingly difficult.

Upon the first appearance of this disease a physician should be called, for very little can be done during the last stage, although all hope should not be given up until the end has come. I know of a case where the child seemed to be struggling for a last breath, it suddenly made one mighty effort, raised a tubular cast of membrane, experienced immediate relief, and soon recovered.

Both membranous and spasmodic croup are often

the result of wet feet, a leaky house, freshly scrubbed floors, etc. I once had a case where a bright little boy about five years of age had just recovered from a severe attack of diphtheria. Contrary to my orders the mother had scrubbed the floor of the room in which the child slept at night; the scrubbing was done late in the evening. About four o'clock the next morning the little fellow was paddling around on the yet damp floor with his bare feet, within two hours he became hoarse, and within two days he died from membranous croup. The child might have been alive to-day had it not been for the exposure.

Treatment:—The best advice I can give is, use all precaution in avoiding the cause. When the disease has made its appearance, call a physician at once.

SPASMODIC CROUP.

In this case, the child may have gone to bed apparently perfectly well, and any time from two to four o'clock in the morning, as is usually the case, he will be suddenly aroused from a sound sleep by a violent fit of loud and ringing coughing. The breathing is loud, wheezing and oppressed. The difficulty in breathing and the cough comes in paroxysms, which as the disease advances, be-

come more and more frequent until there is no longer any remission and it is almost impossible for the little one to get his breath. It is however not so dangerous as the membranous form, but nevertheless, needs the strictest attention and careful management.

Treatment:—If the cough is dry, the child very restless and uneasy, being at the same time feverish and thirsty, give tincture of aconite, four drops in a half goblet of water. Dose, one teaspoonful every ten or fifteen minutes until the child experiences relief.

When the child has all the above symptoms, and is in addition very hoarse, add one grain of hepar sulphur to one half goblet of water. The dose of this is a teaspoonful alternated every hour, or in bad cases every ten minutes, with the aconite solution. When relief is experienced do not give it so often. These remedies act like magic, and will often relieve after the second or third dose.

Every mother who has small children should keep these medicines in the house and learn how to use them.

A little pulverised alum and sugar is sometimes of benefit. Hive syrup, given until it produces vomiting, will be found useful.

Dilute the tincture of iodine, one half with alcohol, and paint it over the throat from ear to ear.

Wring cloths out of hot water and apply them to the throat, wrapping them around it, being careful to put a dry flannel around or over it. Steam inhalations are also of benefit.

WHOOPIING COUGH.

This cough is a contagious and frequently an epidemic disease, which in the beginning is manifested by catarrhal, then nervous and eventually spasmodic symptoms. Convulsions are not uncommon and often catarrhal symptoms again wind up the case.

It is particularly a disease of little children and may occur several times in the same individual. It constitutes one of the most dangerous forms of disease to which young infants are liable. When left to itself it runs a course of from four to six months.

For the first few days or weeks, there is as a rule nothing about the disease to distinguish it from an ordinary cold. The cough is often worse at night. The first stage lasts from two to six weeks, the symptoms gradually growing worse. During the second stage, the characteristic whoop is developed. It is produced by drawing in the breath through a narrow almost closed wind-pipe, after a fit of coughing has nearly emptied the

lungs of air. A violent attack causes the blood vessels of the face to fill up and swell, the face turns purple, the eyes seem to start from their sockets, and, often the nose bleeds. In very young infants the rush of blood to the head causes convulsions.

Treatment:—One of the best of remedies is prepared from the chestnut tree. The fluid extract may be taken, of which from five to twenty drops constitute a dose according to the age of the child and may be given every two to four hours. A tea made from its fresh leaves, when they can be procured, makes the best preparation. Make the tea by using a small handful of the leaves to half a pint of boiling water, sweeten, strain and give from a teaspoonful to two teaspoonfuls every three hours. It not only relieves the paroxysm, but will actually cure many cases in from four to eight days.

When the suffocation is very great, a little skunk's oil taken internally will give great relief.

Drosera rotundifolia, or round leaved sundew, is another excellent remedy in the spasmodic stage. The whole plant is used, from which prepare an ordinary tea, and take the same as directed for chestnut. If the tincture is taken the dose is from two to ten drops.

DIPHTHERIA.

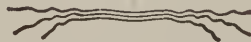
This common and oftentimes fatal disease is by far the most dangerous enemy of childhood, though it sometimes attacks adults as well. In most cases it is ushered in with headache, pain in the back and limbs, a feeling of soreness of the throat on swallowing, chilliness and occasionally vomiting. At this stage the throat has a red and inflamed look and later it is studded with patches of false membrane of a buff, yellow or gray color, very much the appearance of new buckskin. This false membrane sometimes invades the nose as well. The tongue is often blistered around the tip, making the mouth so sore that the patient can hardly take nourishment. As a general rule it does not last longer than five to seven days, but in malignant cases it may extend over a period of three or four weeks.

In the severe type of cases the disease is often ushered in suddenly with a feeling of extreme weakness. The child cannot stand or walk and soreness of the throat comes on rapidly. The fever runs very high and a deposit of false membrane in the throat quickly makes its appearance. The disease is highly contagious and generally affects all the children in the family where it shows itself. It is not confined to low land or high land

nor too dry or wet places. It is no respecter of persons. I have seen the most malignant form at isolated farm houses on elevated ground, and I have seen children living near foul cesspools of stagnant water, in damp and filthy houses with few of the necessities of life and no comforts surrounding them, escape the disease entirely, when it is prevalent in the community. The treatment should be under the care of a skilled physician. In the treatment of this disorder, the diet is important, and should be of a kind that will be relished by the patient, as a forced diet will only tend to a disgust for food, and derange the digestion, thus impairing the appetite and weakening the sufferer. The strength should be kept up by palatable, nutritious and easily digested food. A soft boiled egg, with a little salt and black pepper added will be most agreeable to many patients. Boiled milk, baked apple, or beef tea well made, boiled rice seasoned with cream and sugar with a little lemon flavor. Sometimes, in the beginning of the disease, the patient will derive some benefit by painting the outside of the throat from ear to ear, and from chin to collar bone with a solution of iodine and alcohol, equal parts. When a person is coming down with a disease, supposed to be diphtheria, he or she should be isolated at once, confined to a room well ventilated, and cut off

from the rest of the house. Only one person should be detailed to wait upon the case, avoiding exposure of the rest of the family as much as possible.

Particular attention should be given to the care of the patient during convalescence. A great many patients die from the lack of proper care and attention at this time. Patients who have appeared to be recovering nicely, may be exposed to a draught of air and die in a day or two from a relapse.



CHAPTER XVII.

SCARLET FEVER OR SCARLATINA

Is an epidemic and contagious disease, characterized by a high degree of continued fever, a scarlet rash and inflammation of the tonsils and mucous membranes of the mouth and throat. It is among the most fatal diseases of infancy and childhood. Its highest mortality is said to occur during the third year of life.

Children who have not had the disease will rarely escape taking it from visiting a house where it prevails, or even where it has recently prevailed. The infectious material retains its producing power for many months and even years. Children miles away from any place where the disease prevails, with no direct communication, are sometimes stricken down with the disease, the infection or poison being carried for miles across the country by the wind. It may be carried by

means of letters for hundreds of miles through the mail, or by clothing, or in fact by anything which has been about the person or in the room where the disease has existed.

Symptoms:—Nausea is very frequently the first symptom which indicates the onset of the disease. As a rule the more malignant the disease, the more severe the premonitory symptoms.

Small children sometimes have convulsions, as the first symptom, soon the rash makes its appearance, the more general it appears upon the skin, the less apt it is to affect the throat seriously. In all but the worst cases the disease seems to expend its greatest force upon the exterior of the body. The mucous surface of the throat and nostrils are apt to become the seat of the development of the disease, in proportion as it fails to appear upon the skin.

The fever is continued and almost uninterrupted, gradually increasing until the eruption is out, continuing about the same until the rash begins to subside and gradually disappears with it.

Many cases run their complete course in five or six days, others again continue eight to twelve days, usually the rash disappears about the seventh day, and the cuticle begins to peel off. This process may occupy several days.

Scarlet fever, is a very uncertain and treacher-

ous disease. The tongue affords some very characteristic indications. It is often covered at the outset by a thick white, or cream like fur, through which are seen projecting the red papillæ. This is termed the straw-berry-tongue. The edges of the tongue are red. The red points gradually multiply, and the fur disappears, leaving it clean and raw appearing. It will sometimes, when the disease is unpromising, become dry, hard and brown; the throat is sore and swollen, with redness of the tonsils and palate. It may be either smooth or rough; the tonsils are often covered with patches, somewhat like diphtheritic membrane.

In bad cases the ears become involved from the extension of inflammation from the throat. Abscesses form in the ears, discharges take place, and deafness occurs, which may gradually improve or become permanent according as the amount of destruction from the inflammation in the ears has been small or great.

There is considerable danger of catching cold during convalescence. When the cuticle begins to separate from the true skin, the skin becomes dry, perspiration is checked, the kidneys are required to do additional work, they become inflamed, the urine becomes suppressed, the feet are bloated, which soon spreads over the entire body and death results from complications. It is just as important

to look after the welfare of the patient for two or three weeks after the inflammation has subsided as it is during the fever.

MEASLES.

In frequency measles constitute the first, and in importance the second, of eruptive fevers of childhood. Like scarlet fever this disease arises from a specific epidemic and infectious miasm, and usually occurs but once in the same person. Unlike scarlet fever this disease is apt to be much more severe when it occurs late in life than when it appears early in childhood.

Symptoms:—After a period of incubation of thirteen or fourteen days the eruption of measles makes its appearance, but about the tenth day after the exposure to the infection the introductory fever makes its appearance. The fever is often quite high, attended with lassitude, shivering, thirst and dry cough. The eyes become inflamed and watery, the eyelids heavy and red, the mucous membrane lining the nose, throat and bronchial tubes become inflamed, sneezing, running at the eyes and nose, and hoarse cough, are the symptoms which usher in measles. Catarrh and diarrhœa are also often present.

The eruption usually makes its appearance from

the third to the fifth day of the fever, sometimes much earlier. It first appears upon the face, and within two days has extended over the entire body. The rash begins by minute red points which soon run together, forming blotches, many of them having the appearance of a half moon; the eruptions are elevated, the skin having a rough feel to the touch. In about forty-eight hours after its appearance the eruption begins to fade, disappearing on those parts first where it first made its appearance.

The cough is often distressing about the time the eruption is coming on, and upon inspecting the roof of the mouth and throat you will find a rash similar to that which appears upon the skin a day or two later. Diarrhoea is liable to set in upon the decline of the eruption, bronchitis and pneumonia may complicate the case, especially if the eruption is retarded or fails to appear at all. These complications are very serious in their nature.

BLACK MEASLES

may occur either in an epidemic or sporadic form. The co-occurrence depends upon some pre-existing constitutional disease or dyscrasia of a more or less malignant character. The whole course of the disease exhibits a low form or typhoid character. The skin presents a dark livid

appearance, there is nose bleed, diarrhœa, or dysentery. The eruption comes out slowly and imperfectly, is dark colored or even black. This form of disease often terminates fatally.

Treatment:—The room in which the patient is confined should be comfortably warm. One great object to be attained is to bring out the eruption, the earlier it is brought out the better. This can often be accomplished by drinking copiously of cold water. If the disease goes on several days and the eruption does not appear, put the patient to bed, cover up well and give hot teas prepared from roasted buckwheat seeds or red pepper. As a last resort wring a sheet out of cold water, strip the patient and wind the sheet quickly around the entire body from neck to feet, put a blanket around this, and cover up well. In from ten minutes to a half hour the patient will begin to sweat profusely, and in a little while the rash will appear. This last method has sometimes been efficacious in saving the life of the most desperate cases.

MILIARY FEVER.

This eruption consists of clusters of minute red and white pimples, like the smallest millet seeds. They are elevated and give a rough feeling to the

hand. The neck, chest and back are the principal seat of this eruption. They appear in successive crops, and are usually the result of excessive heat in the body. This over heating may be caused by too great an abundance of clothing, or the natural result of an elevated summer temperature. A slight fever often precedes the eruption, which, however, like the eruption itself, is sometimes quite violent. From measles, which the eruption sometimes resembles, it may be distinguished by the absence of catarrhal symptoms.

Treatment:—Bathing with soda water, a light diet, cool comfortable clothes and a cool room are all that will be required in most cases.

WETTING OF THE BED.

Young children suffer from a want of power to retain their urine, especially during sleep. This may come from some serious disease of the bladder or kidneys, but, in the large majority of cases, it is the consequence of bad hygienic habits, being caused by a free use of fluid during the after part of the day, by exposure to cold in the night, by lying on back, and by neglect to empty the bladder before going to bed. It may also be produced by the irritation of worms in the bowels, or stone in the bladder.

The child should abstain from drinking for at least three hours before retiring at night, and should empty the bladder thoroughly before getting into the bed, and if necessary, should be taken up once or twice during the night.

When the difficulty is due to a weak condition of the nervous system, when the child has frequent headaches, with dark urine, give two or three doses of a solution of belladonna, one teaspoonful at a dose, an hour apart, before retiring. Prepare it in the following manner, put three drops of the tincture into one-half goblet of water. Dose as above.

When due to worms, and the urine is yellow or milky, with frequent attacks of fever, such symptoms as would lead one to think of worm fever, five drops of the tincture of worm-wood, taken in a little water before retiring at night, will often control the trouble, or a tea may be made and taken just before going to bed.

When the urine is profuse and the child is required to pass it often during the day as well as at night, accompanied with more or less distress in the back, or over the bladder, give five drops of the fluid extract of *Rhus Aromatica*, three times a day. It may be given in a teaspoonful of water.

CHAPTER XVIII.

DYSPEPSIA OR INDIGESTION.

This is a derangement of the digestive functions, occasioning an interruption in the functions of the organs and viscera concerned in the process of digestion, the immediate cause of which seems to be a diminished quantity or viciated quality of the gastric juice, or a derangement in the secretion of the bile.

Indigestion is of very frequent occurrence. It is met with in every country and in every class of society, and at any season of the year. Devoid of the danger which attends other diseases, it is nevertheless equally distressing to the patient, poisoning all the sources of enjoyment, and leading in many instances to the misery of confirmed melancholy. It differs in character in different individuals, and in the same individual at different times.

The causes are very numerous and largely of an avoidable character. The habitual use of food in too large quantity is a cause with some people. With others, eating too fast. The latter is notably the case with the American people. An occasional excess at the table is not productive of so much mischief (the remorse of a guilty stomach is all).

But persistent indulgence in the pleasures of the table brings with it all the discomforts and pains of dyspepsia. This excess in eating is without excuse. The American people are guilty of eating too rapidly. A good illustration of this is a story that was told of a professional man, who, when he went to his noonday meal left word on his slate "gone to dinner, will be back in five minutes." It is through the digestive organs that the system receives nutriment. No wonder that the American people become nervous wrecks at an early age, when they treat their digestive organs so shamefully.

Dyspepsia does not always prevent the heavy eater from increasing in flesh. In some cases it is associated with loss of flesh, but in many others the gormand goes on adding to his corpulence while he is suffering from the torments of painful digestion.

Headache is one of the common symptoms which accompany excess in eating. There is also a

sense of fulness in the stomach, a weight and heaviness, sometimes a feeling as of a stone in the stomach.

The effect of overeating is to dry up the gastric juice, the lining membranes become congested, the bowels are affected, constipation results, soon the rectum is irritated, there is an extra flow of blood to this part of the bowels. The veins become weak, the blood is prevented from returning to the liver by a pressure from the constipated bowel, and in a little while we have that distressing affection called piles. These in time irritate the small nerve filaments, and a large variety of symptoms simulating all kinds and classes of diseases, make their appearance. Many cases of apparent consumption, asthma, nervous prostration or heart disease, have been quickly and readily cured by the removal of piles, constipation or dyspepsia.

Eating too little is sometimes as much the cause of dyspepsia as eating too much. This error in diet often arises from mistaken views in regard to health. A person may have pain in the stomach after eating, due perhaps to improperly cooked food and concludes that an abstinence of meats is the panacea. A student, professional or business man weakens his brain and taxes his stomach by irregular hours of eating, badly prepared food and the refusal to give sufficient time

to his meals and then listens to the pernicious hobbyists who tells him that his indigestion is due to eating too much.

The use of purgatives is also a frequent cause of dyspepsia. There are some people in this world who are constantly dosing themselves, and urging others to do likewise. A habit is thus quickly formed, and the bowels cease to act, unless under the influence of medicine. The constant employment of cathartics soon disorders digestion. Costiveness is often found co existing with dyspepsia, and has a tendency to aggravate it. The two combined produce congestion of the liver, one condition aggravating the other until the whole system is more or less involved.

In all diseases it is absolutely essential to establish a healthy condition of the digestive tract. How can this be done? Those who are troubled with weak digestion should abstain from the use of tea, coffee or spiritous liquors, avoid eating highly seasoned food, see that the food is plain and well cooked, eat slowly, masticate thoroughly, avoid eating either too much or too little. By eating slowly and having but one or two kinds of food brought upon the table at a time, you will be very much aided in this.

Dyspepsia accompanied with diarrhoea, sore mouth and a faint, gone feeling at the stomach,

will be greatly benefited by the use of golden seal, columbo or gentian.

If there is heaviness and weight in the pit of the stomach, costiveness and a straining at stool, one drop of the tincture of *nux vomica*, taken in a little water before meals, will give great relief,

A cup full of hot water taken before meals is of decided benefit to many people. The water should be HOT, not warm. Sugar and milk may be added.

HEARTBURN:—Consists of a feeling of heat or cold, usually the former, experienced after food has been taken, in the upper portion and towards the left of the pit of the stomach and running at times up the gullet. It often resembles the sensation produced by swallowing something very hot. It may come on either after meals or before meals. One kind of food is as liable to bring it on as another, it comes on suddenly and disappears as suddenly.

The causes are numerous. Work which produces continued pressure on the stomach (it is common among shoemakers), mental emotion, general debility, improper food, the use of tobacco and stimulants.

Treatment, consists in first removing the cause. Sea bathing, taking a rapid sponge bath in salt and water every morning, assists very materially

in restoring the tone of the general system and thus improving digestion. The use internally of lime water, baking powder, etc.

When there is general commotion in the stomach, gurgling, rumbling, burning, spitting up of sour material, prepare about a half drachm of muriate of ammonia, dissolve it in a cupful of water, take a teaspoonful four times a day. The first dose will make a decided change, and a cure will often follow in a week or two.

FLATULENCY:—This is a very troublesome complication of dyspepsia. In bad cases, after each meal, independent of the quantity or character of the food, the bowels become distended with air, much to the annoyance of the sufferer.

A little willow charcoal will often give immediate relief. It is best taken by filling a No. 0 capsule, take two or three doses a day. A small sized pill of dried ox gall taken after meals will usually give relief. In children, chamomile or peppermint tea will be found to do good service.

COLIC:—Pain in the stomach may be caused by irritating food or drink, or in some individuals by special articles of food which are ordinarily quite harmless, by drinking an excess of cold water, indulging freely in ice water, etc.

Symptoms:—Intense pain, which comes on suddenly in a series of paroxysms, with an interval of

partial or complete relief, being of a gripping, twisting or constrictive character. The patient doubles up, rolls about, tosses and tumbles. Often a feeling of sickness, and occasionally vomiting is present.

Treatment:—The first thing to be done is to empty the stomach of its contents. This can best be done by drinking copiously of hot water. The stomach may be so much bloated as to make it seem impossible that any water can be swallowed, yet it can be crowded down, and as it goes down it displaces the gas upwards. Take it as hot as can be borne and from one to several cupfuls, until vomiting has been produced and the stomach entirely cleaned out. This simple process will usually relieve the pain entirely. If it is not found sufficient, a little hot ginger or red pepper tea may answer the purpose. If the cramping and pain is caused by a sour stomach, a little baking soda added to the hot water will increase its efficacy, or a fifth of a teaspoonful of powdered muriate of ammonia to a cup full of hot water. Hot applications over the stomach, such as hot plates, bags of hot water, towels wrung out of hot water, mustard plaster, etc. If the bowels have not moved freely within six hours previous to the attack, a copious injection of hot water may be taken.

CHOLERA MORBUS is a disease much more common in the summer and fall months. When in a severe form a physician should be called. It is frequently due to the use of unripe or unwholesome fruits and vegetables, often to the chilling of the abdomen by too little covering while asleep, ice water, ice cream and the like, especially if the latter are taken while the body is heated. The disease is characterized by severe cramping pains through the bowels, often vomiting, loose stools, coldness, symptoms of collapse and cramping in the extremities, in very many respects simulating the first stage of cholera.

CONSTIPATION.

No other abnormal condition of the system is responsible for so great a variety of disagreeable symptoms as is costiveness. It not only gives origin to unpleasant sensations, but it undermines the natural healthy functions of other organs, impairs digestion and interferes with the proper assimilation of food.

One of the most common of causes is the use of purgative drugs, which injudicious habit is wide spread, particularly among women. The immediate effect of cathartics is a sensation of relief and comfort, but what are the secondary effects?

They invariably have a tendency to aggravate the cause. Each cathartic that is taken demands the use of more and in increased quantity. Any person who has been in the habit of taking pills will state that it becomes necessary for them to increase the quantity and the frequency of the dose. The natural powers of the bowels have been weakened by the undue stimulation to which they have been subjected by the use of a purgative. They need a certain amount of rest, and cannot resume the even tenure of their course at once. Either this rest must be allowed, or another dose of purgative must be taken. Most people will choose the latter expedient. Repetition of the dose only increases the trouble and augments the demand for more, until finally obstinate constipation becomes established.

Constipation being thus confirmed, the patient hopes to cure it by means of more of the purgative. The attempt is, of course, a vain one. This abuse of purgatives is ascribed to the notion which seems to be entertained by many persons, that medicine is a necessity of existence. Some people hardly feel happy without their daily pill, powder or draft. It becomes with them a second nature.

I wish to especially condemn the practice of the frequent and unnecessary giving of purgatives to infants and young children. Ill-advised mothers

may in this manner be responsible for much suffering and misery.

Indolent habits are also largely responsible for a constipated condition. No one can with impunity spend most of his or her time without exercise, in a close, hot, ill-ventilated room. A life made up of undue self-indulgence, indolent habits, too much sleep, varied only by the exercise which can be had by riding in a closed carriage and occasionally stepping out to pay a visit or make a purchase, will be one necessarily characterized by great delicacy and susceptibility to the slightest external impression, by incapability for any bodily exertion, by diminished intellectual vigor, by imperfect digestion and by torpor of the bowels. Yet this mode of life is frequently led in our great cities, and singularly enough these invalids attribute their ill-health to an infliction of Providence. To such we commend the following utterances of a medical moralist:

“Grant that a certain amount of sickness must ever be unavoidable, still it remains an undisputable fact that much of ill-health is self-caused, and it is certainly an injustice done to our God when evils resulting entirely from our own infringement of his perfect laws are reflected off ourselves and thrown upon him.”

NEGLECT OF NATURE'S CALLS.

The habitual neglect of proper periods for evacuating the bowels, especially when nature impels, is a frequent cause of constipation. There are many excuses for this neglect. The man of business puts it off for want of time, and hurries off to his counting-room, forgetting that if his abdominal organs are in a healthy state, and if the bowels are not loaded, his mind will act freer and clearer, forgetting that sooner or later this habitual neglect will enervate him and unfit him for his work. This thoughtless custom of leaving home as soon as the breakfast is swallowed, without attending to a little duty, which by practice might soon become a habit, leads to harmful results, on account of the frequent absence of convenience just at the right time during the day, as well as through the influence of little difficulties of a social character.

Besides the constipation which follows a daily and repeated neglect of nature's call, a serious consequence is to be dreaded. The morbid matter thus retained in the intestinal canal may be absorbed into the blood and poison the whole system. Often gastric fever, bilious attacks and typhoid symptoms may be traced to the frequent repetition of this unfortunate opposition to nature's impulse.

There are numerous other causes besides these which we have mentioned, as errors of eating, bad cooking, stimulants, narcotics, piles, tumors, etc.

Constipation is usually not difficult to remove, if the cause can be recognized. A person whose bowels cease to be moved in the manner nature intended, should at once direct his attention to discover the cause. Most people have an evacuation once a day, some twice a day, and others once every other day. Whatever has been the habit in this respect, is the rule of health to that person, and any variation from it is indicative, of some disorder.

It is very important that a habit should be established to go to stool at a certain hour each day. Little children should especially be taught this. After they reach the age of three or four years they readily understand what is required and expected of them and soon concur with the wishes of the mother. Habit is one of the strongest ties which binds the human race, and the utmost care should be taken that it is not a bad habit which we form instead of a good one. This is as true from a physiological standpoint as it is from a moral.

In the cure of constipation the great aim is to do away with the use of purgative drugs. This cannot be effected at once. A gradual lessening

of the quantity of the drugs in those who have been in the habit of taking them, at the same time changing the diet by eating such foods as have a tendency to relax the bowels, such as brown bread, oat meal, figs, acid fruits, etc. The following movements are often of great benefit in habitual constipation, they may be performed by the patient. Place the tips of the fingers of the hand just above the right groin, this will touch the lower end of the large bowel, pressure may be made at this point, very light and gentle, but deep, a sort of kneading process. This is to be gradually carried upward until the lower border of the right ribs is reached. Then directly across the abdomen to beneath the lower border of the left ribs, thence downward to the left groin, rest the fingers here a few minutes, and then repeat the process. The operation may be kept up for from a few minutes to half an hour. If the ends of the fingers are dry and hard they should be moistened. In very obstinate cases it is best to have an attendant go through these motions once a day. Shortly after this exercise has been gone through with, an attempt to have a passage should be made. If not successful at first, keep up these exercises for weeks or even months, eventually your efforts will be crowned with success.

Sometimes the large bowel becomes filled with

dry material, adhering to the wall, having a hole through the center through which the semi-solid or liquid feces pass. This condition is liable to have the appearance of an abdominal tumor, and to cause dangerous symptoms. It occasionally distends the bowel to the extent of causing partial paralysis. Electricity is an excellent remedy in this condition. It restores the natural contractility of the muscular coat of the bowel. This agent is one of the most useful of all remedies in this disorder.

The employment of simple enema in cases of habitual constipation is not carried out to the extent which it deserves. A morning injection of water or soap suds, or a solution of salt will often prove highly efficacious, if necessary a little glycerine may be added. The fluid is best used hot and in large quantities. In some cases, however, small injections of cold salt and water will answer best. Suppositories of glycerine are also of decided benefit. All the time that any of these measures are being employed, an effort should be made to establish a natural habit at a certain time of the day.

Castor oil is an agent which should seldom if ever be used for the purpose of moving the bowels. Sweet oil is preferable, although requiring to be taken in larger quantities.

The drinking of a tumbler of cold water on first awakening in the morning and on an empty stomach between meals is highly recommended. A morning salt bath is also well spoken of, even for the weak and feeble. Gymnastic exercises, swinging dumb bells, Indian clubs, etc., should be practiced by all those whose business and daily occupation does not permit of much out-door exercise.

DIARRHOEA.

This disease is characterized by frequent discharges from the bowels, with a pressing down or disposition to evacuate their contents. It is attended with more or less griping, but not generally with much fever. There are a great many varieties.

Causes:—Improper food, irritating substances. Over eating frequently causes alternate attacks of diarrhœa and constipation. Bile of an acrid or viciated quality, suppression of the perspiration, worms, acids, etc. The appearance of the stools are various, green, yellow, semi-solid, flocculent or watery.

Diarrhœa is sometimes a symptom of disease as when it occurs during the course of typhoid fever, consumption or other febrile diseases. The fatality as a rule is not great.

Treatment:—In mild attacks all that is required is to lie down and keep quiet, eat but little, milk porridge being probably the best article of food in most cases. If the diarrhœa is caused by over eating, or irritating matter in the stomach or bowels, a gentle cathartic may be given. Rhubarb is probably the best for this purpose. However, care must be taken not to over do it, as during certain seasons of the year there is a strong tendency to a continuance of the difficulty.

When it is known that the bowels are free from any irritating substances, and there is but little or no fever, a tea made from the leaves or bark of witch-hazel will usually check it. Crowsfoot or cranesbill root has a similar effect. Extract of blackberry root is also highly beneficial. These agents are also of great benefit in chronic diarrhœa.

DYSENTERY.

There is usually more or less fever, movements of the bowels are preceeded by colicky pains, and accompanied by straining and bearing down, the passages are scanty and mixed with blood. There is thirst, restlessness and great loss of strength. These symptoms, particularly the character of the pains, distinguish it from diarrhœa. It frequently

happens, however, that a dysentery is ushered in by a simple diarrhœa.

Dysentery may be, and frequently is, of an epidemic character, and dangerous in proportion to the suddenness of the attack. Some epidemics are extremely fatal whereas others are of a milder character.

Cause:—Exposure to wet and cold. It prevails most in warm, damp atmospheres. The chilliness of the evening after a hot day, the malarial poison which produces chills and fever also aid in the development of dysentery. Bad or insufficient food, excessive or continued fatigue, want of fresh vegetables, a lack of sufficient clothing, bedding and pure water are frequent causes. It is also associated with various forms of bilious fever, constituting so called bilious flux.

Treatment:—It is necessary to begin it early, and it should be in the hands of a competent physician. The patient should keep perfectly quiet, in the recumbent posture. The diet must be carefully looked after. Milk, cream, rice, thin animal broths, can be taken freely. Mutton broth is undoubtedly the best. In some desperate cases, where death seemed inevitable, a rapid recovery has followed the use of melted mutton suet. A teaspoonful taken warm, once or twice in the course of a few hours being sufficient.

I have in mind a case of a little girl about four years of age, who had had the disease in a very bad form for two weeks and had been during this time treated by the ordinary astringent method. The morning when I was called, she had passed about a teacupful of clear blood from the bowels, and seemed to be in an exhausted condition. There was intense pain and a desire to go to stool every ten minutes. As she had been repeatedly vomiting and could retain nothing on her stomach, I had but little hopes of her recovery. However, as long as there is life, there should be an attempt made to save the patient. I procured a little mutton suet, melted it and gave her a teaspoonful, repeating the dose in two hours. The stomach was quieted at once. In a few hours the pain subsided, and in three days she was to all intents and purposes well. This is only one instance of many I have treated with success in a similar manner.

An injection of linseed oil, sweet oil or animal fat, if it be not rancid, is of great comfort to the patient. Often the milder cases will be benefited by drinking the astringent teas suggested under the head of diarrhœa. One thing is important, never employ a treatment that will check the discharges suddenly, it is dangerous, especially when there is much fever accompanying the disease.

CHAPTER XIX.

INTESTINAL WORMS.

These are chiefly of three kinds, the tape worm, the round and long worm and the pin worm. There are many other kinds of worms found in the human body, but as they proceed in a great measure from similar causes, have nearly the same symptoms, and require almost the same method of treatment as these, I shall not spend time in enumerating them.

TAPE WORM:—The tape worm is white, very long and full of joints. It is generally bred either in the stomach or small intestines. The round and long worm is also bred in the small intestines and sometimes in the stomach.

The effects or symptoms are, a voracious appetite, sensation of worm-like movement in the stomach, faintness, swooning, privation of speech, often great hunger and faint feeling in the stomach be-

fore meals, and notwithstanding the appetite is good, the patient loses flesh and becomes pale and thin. It is not uncommonly the case that those who have this worm will pass sections of it from time to time.

Treatment:—Take of pumpkin seeds, when divested of their hull or cover, two ounces, steep in half a pint of water for two hours, strain through a cloth, add a half pint of sweet milk. About eighteen hours previous to this give a cathartic to clear the bowels, eat nothing except perhaps a little beef tea, at the expiration of the eighteen hours, give the dose all at one time, following it in about three hours with a mild cathartic and the worm will be expelled head and all.

Cocoanut Cure:—The patient before breaking his fast in the morning, takes the milk and pulp of one cocoanut. No cathartic is needed. In a short ~~time~~ there is an active movement of the bowels in which the worm is expelled.

ROUND WORMS are principally found in children, especially if they are in bad health, or improperly fed and dirty. They are very common in this country. It is presumed that an unhealthy condition of the bowels, leading to the formation of much mucus favors the development of worms.

The common symptom of worms are paleness of countenance, and at other times an unusual flash-

ing of the face. Starting and grinding of the teeth in sleep, swelling of the upper lip, the appetite sometimes bad, sometimes voracious, looseness, a sour or stinking breath, a hard solid belly, thirst, urine frothy, griping and colicky pains, involuntary discharges of saliva, especially when asleep. Pain in the side, dry cough, swooning, drowsiness, fits. Worms sometimes ascend into the throat and even the nose has been invaded.

Treatment:—When the stomach is affected and there is nausea, or the worms seem to get up into the throat, a little salt and water will soon settle it. A few doses of the compound extract of pink and senna will dislodge them, and they will come away in the stool. From 1-20 to 1-10 of a grain, according to the age of the person, of santonine, which is the active principle of the popular worm seed, taken three times a day will usually kill the worms.

A variety of worms, commonly called pin worms, inhabit the rectum, sometimes passing into the vagina. There may be hundreds or thousands of them; they cause an intense itching.

Treatment:—Santonine, internally is of benefit in some cases. Injections of salt and water repeated for three days in succession after which every other day, and finally every third day, will in the course of four weeks remove them. Olive oil

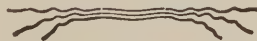
and glycerine, castor oil, turpentine and grease, have all been used as injections with benefit. One thing must be remembered, the injections should be used repeatedly for a period of six weeks.

The prevention of worms is a matter of considerable importance in some parts of the world. Avoid eating of raw meat, putting knives in the mouth which have been used to cut raw meat, or drinking impure water. When the stools are known to contain any kind of worms or their ova, they should be destroyed. In the case of children, if their general health is good, and their digestive organs in a satisfactory condition, they will be rarely troubled with worms.

TRICHINÆ I will consider in the present chapter. A disease although of rare occurrence, yet of sufficient importance to warrant some remarks. Trichinæ are introduced into the human body solely by eating hog's flesh, either in a raw or imperfectly cooked condition, or in the form of pickled and smoked articles, sausages, etc. When this reaches the stomach and bowels, the parasites are liberated and develop with great rapidity, the females being by far the more numerous and the larger, and originating an immense number of young trichinæ, which perforate the intestine wall, migrate to the spine, spread all over the body, penetrating all the muscles and soft tissues.

Symptoms:—Generally the first noticed are disorder of the stomach and bowels, such as a sense of pressure and fulness, impaired appetite, discomfort after eating, nausea or vomiting, colicky pains and diarrhœa, with a feeling of much languor and depression; in some cases the outset is characterized by violent sickness and purging, simulating the symptoms of cholera or poisoning. Subsequently the muscles become painful, tender, swollen, hard, rigid; there is much stiffness, the joints are stiff, an attempt to move them causes pain. A bloating takes place all over the body. Fever is sometimes very high. When a fatal issue is about to occur it assumes a typhoid type.

Treatment should be directed to prevent it. This can be done by not eating pork in any form; or if eaten see to it that it is well cooked.



CHAPTER XX.

JAUNDICE.

Jaundice is really a symptom, not a disease. However, it is classed among diseases. It is a French word, meaning yellowness. It may affect all organs and tissues of the body, tingeing them from a bright to a dark yellow, the eyes, skin and mucous membranes show it plainly; the urine often becomes very dark.

It may be caused by obstruction of the bile duct, from gall stone, thickened and gritty bile, from round worms and often (especially in young persons) by catarrh of the stomach and bowels. It is found during the course of various fevers; it sometimes occurs during pregnancy.

Symptoms:—Jaundice first shows itself in a listlessness and want of appetite; the patient becomes dull and oppressed, generally costive. These symptoms have continued but a short time when a yel-

lowness of the skin appears, the whites of the eyes and the finger nails become yellow, the urine becomes highly colored, the stools are whitish or gray and often of the consistency of putty or clay. The skin is dry, and generally an itching is felt all over the body.

Sometimes there is a desire to sleep all the time, again a decided wakefulness. As the disease progresses every part of the body becomes tinged, even the blood, with the exception of the mother's milk, which appears to be unaltered so far as color is concerned. There is great pain in some cases, especially is this true when the gall duct is obstructed.

If the patient is young, it is seldom dangerous, but, if in old people it continues long, returns frequently, it generally proves fatal.

Treatment:—Discover the cause and remove it. If caused by worms, give treatment as directed under that head, with the addition of a mild cathartic, prepared from the dandelion root. Many cases may be benefited by the use of one-eighth grain pills of podophyllin, once or twice a day.

Tincture of *nux vomica*, three drops three to four times a day has also been found of decided benefit, especially when the stomach was affected by sensations of heaviness or where there is bad taste in the mouth mornings, sleep does not refresh,

constipation, etc. Tincture of baldo fifteen drops in water three times a day is also useful.

Chelidonium, three drops once in three hours, when due to catarrh of the neck of the gall bladder, or to affection of the liver, accompanied by pain under the right shoulder and in the right side, and uneasy sensations in the liver, mushy, gray stools.

GALL STONE:—When jaundice is due to gall stones or thickened or gritty gall, there will be spasmodic attacks of colic, the pain is fitful and located just under the right ribs and to the right of the pit of the stomach, just over the gall bladder. Sometimes in lean people a tumor can be found in this locality. These attacks come on suddenly, and disappear as suddenly, may last for a few minutes or for hours. One of the best forms of treatment that has ever been employed is sweet oil. Of this, a person should take from one to six ounces at a time. The effect is sometimes remarkable, in a few minutes the pain ceases, and the great storm which has been raging is at an end, the troubled waters cease to roll and soon the patient rests quietly.

PILES, OR HEMORRHOIDS.

There is perhaps no disease which is of so

common occurrence as piles. The pain they sometimes produce is most excruciating. The constitutional symptoms belonging to them are various and the cure is often difficult, outside of an operation. Piles consist not only in an enlargement of the veins of the rectum, but of the arterial vessels also, together with more or less thickening of the surrounding tissues. They are divided into internal (those within the sphincter) and external, those situated outside and around the anus. The former are said to be of more frequent occurrence than the latter, and are more severe in every way.

The internal piles generally begin with frequent and often profuse bleeding from the rectum after stool with pain in the back and loins, and more or less suffering during a passage. This condition may exist for a time in a mild form, then straining becomes noticeable and increases until with every action of the bowels the piles protrude. This, also, sometimes occurs during and after straining, lifting and frequently after labor. There are frequently from three to five in number. They are subject to inflammation, becoming very much enlarged at times, and again troubling but little. They sometimes reach an enormous size.

Dyspeptic persons, hard drinkers, "high livers," are subject to them and constipation or diarrhoea give origin to them. Indeed, any deviation

from a normal condition of the liver, stomach or bowels will develop them in some people. They are found in infants as well as in persons of an advanced age.

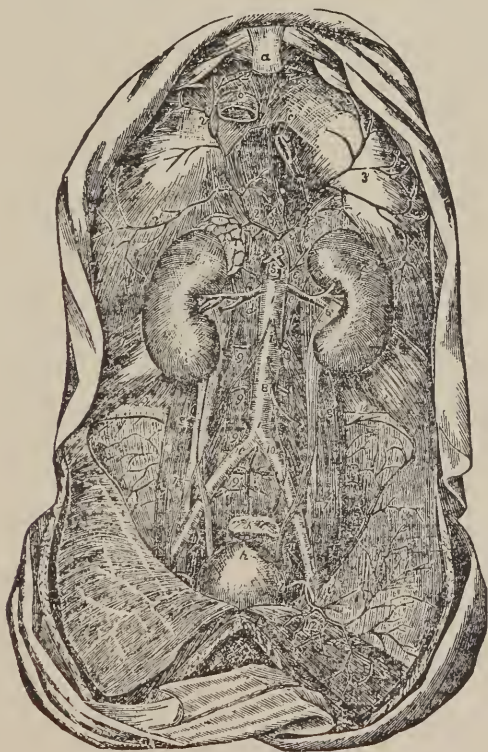
Treatment:—In a disease so frequently encountered, the variety of medicaments, salves, ambrocations, etc., which have been recommended are legion. If a patient has internal piles, and they appear at stool, the hot sitz bath immediately after the evacuation, will give relief and enable the protruding piles to be returned. If there is much hemorrhage, of a dark color, a mixture of one-half ounce each of glycerine and pulverized extract of witch-hazel injected into the rectum will be of great service.

Hydrastis or golden seal has proved the most efficient medicine in piles accompanied with fissures and cracks about the anus. Three or four drops of tincture taken in a teaspoonful of water four times a day on an empty stomach. Pond's extract of witch-hazel taken internally and applied externally will be found to help many cases.

Chelidonium majus (great calandine) and collinsonia canadensis (stone root), are both excellent agents in some forms of piles. They are both used in the same way, three drops of the tincture in a little water once in three hour. Tar ointment is the best for local application when there

is a great deal of itching and a dry inflamed condition of the skin around the anus. Horsechestnut ointment is one of the best remedies. It has cured many cases. Witch-hazel ointment is of benefit when there is bleeding of the veins. See list of ointments in the index.

INFLAMMATION OF THE KIDNEYS.



Inflammation of the kidneys is known by fever, pain in the region of the kidneys and shooting along the course of the ureters, numbness of the thighs, vomiting, high colored urine and a frequent desire to discharge it, costiveness and colicky pains. Cause, bruises, violent exercise, exposure to dampness, cold, stone or gravel, etc.

Symptoms:—This disorder is characterized by an acute, pungent, or more frequently a dull pain in the region of the kidneys, shooting about the course of the tubes which carry the urine from the kidneys to the bladder. Pain in the small of the back, fever, sometimes discharges of blood in the urine. The first object to accomplish is to relax the system by inducing perspiration. If the pain is violent, apply over the seat of the disease hot fomentations of hops, wormwood, smartweed, or a corn meal poultice. Internally give tincture of aconite, if the fever is high and there is chilliness, restlessness and thirst, when the disease is due to exposure.

Tincture cantharides, when there is great pain, tenderness and heat in the back, with a constant desire to pass the urine which burns like fire, and can pass only a drop at a time. These medicines may be given by adding six drops of the tincture to one-half goblet of water. Dose, one teaspoonful of the solution once an hour.

When the urine is scanty and there is a bearing down feeling with a frequent desire to pass the urine, a decoction of queen of the meadow or princess pine will give prompt relief.

INFLAMMATION OF THE BLADDER.

This disease is characterized by pain in the bladder, attended with fever, frequent painful discharge of urine, with suppression and straining. Sickness and vomiting are often present.

Cause:—It is occasioned by an improper use of acid medicine, such as spanish fly, by inflammation extending from the kidneys or by stricture, local irritation from the lodgment of a stone or foreign body, by hardened material in the bowels, by some specific disease and by any other cause that may produce inflammation elsewhere.

Treatment:—Employ similar means as in inflammation of the kidneys. One of the best drugs is a decoction of corn silk, of which take a small handful add a pint of water. Permit it to steep as you would tea and drink freely. Tincture of belladonna, add five drops to one-half goblet of water. Dose, one teaspoonful every hour, when there is fever.

IRRITATION OF THE BLADDER:—This is one of the most distressing of all bladder derangements.

It is characterized by a distressing pain, usually just after passing the urine, with a desire to pass it often. The urine is often scanty and high colored, becomes thick on standing, often quite a quantity of mucus is voided. This is a very common affection in women and elderly people.

Treatment:—Probably the best of all remedies is *chimaphela umbellata*, or princess pine. Take fifteen drops every two to four hours, in a teaspoonful of water.

Another excellent remedy, especially adapted to women of a hysterical character, who are so frequently troubled with irritation of the bladder, calling for frequent urination, is queen of the meadow. Take of the tincture ten drops once in two to four hours.



CHAPTER XXI.

QUINSY.

When the tonsils become inflamed, it is termed quinsy or inflammatory sore throat. It is more apt to affect young and plethoric persons, and occurs more frequently in the spring and autumn.

Symptoms:—An inflammatory sore throat discovers itself by difficulty of swallowing and breathing, accompanied by a redness and swelling, usually on but one side at a time, dryness of throat, furred tongue, cutting or stabbing pains, aching in the jaws, hoarseness of the voice and more or less fever. As the disease advances, the difficulty of swallowing increases, and breathing becomes harder, the speech is very indistinct, the pulse becomes rapid, the thirst increases, and the tongue swells. In many cases small white or yellow patches appear on the tonsils. In violent cases the inflammation may extend to the ears and cause

temporary deafness. When both tonsils are involved it becomes exceedingly difficult to take any kind of nourishment. The swelling may be so great as to produce suffocation. It sometimes terminates by forming an abscess and breaking. When this is about to occur, there will be a soft, fluctuating feeling in the tonsil, the pain gradually subsiding, leaving a throbbing or pulsation in the gland. The breaking of the tonsil should be watched, as its contents may pass into the wind pipe and produce strangulation.

Causes:—The most common is a sudden cooling of the body, and especially of the throat, in consequence of drinking cold water when the body is warm or in a state of perspiration, exposure to cold damp air, wet feet, wet clothes and damp beds. An inflammation is sometimes induced by omitting some part of the covering usually worn about the neck.

Treatment:—If a little of the powder of baking soda is applied to the inflamed tonsil within the first eight hours, it will usually check the disease. When there is a great deal of aching all over the body with fever, dry skin and chilliness, take internally aconite or gelsemium, ten drops of the tincture in one-half goblet of water. Dose, one teaspoonful every hour. When these symptoms are present and the fever is not high, the disease

can often be checked at once by two or three doses of tincture of guaco, five drops at a dose. The throat may be painted from ear to ear with dilute tincture of iodine. (One-half tincture iodine, one-half alcohol.) If there is high fever, bright eyes, a red shiny face and throbbing headache, put six drops of the tincture of belladonna into one-half goblet of water. Dose, one teaspoonful every hour.

This disease is often confounded with diphtheria. It may be distinguished from it by a less rapid course. The patches in quinsy are mere patches of mucus which can be easily rubbed off. The patches in diphtheria are of a gray color and adhere to the membrane. If removed, the tissues beneath bleed. One of the best local applications is the bruised poke or scoke roots, tied on the outside of the throat.

MUMPS:—Mumps is a swelling of the glands about the throat and often occurs as an epidemic. Children are more liable to it than adults. Its occurrence is more frequent in the spring than at any other period. It is contagious in character.

Symptoms:—One or both parotid glands may be affected at a time. It appears in the form of an external swelling under the angle of the jaw, the swelling may spread to adjacent glands and the face. It usually attains its height about the

fourth day. The pain is considerable, a steady severe aching. The fever is usually quite mild. A peculiarity of this disease is, the spasms of the muscles of the jaw and throat induced by partaking of sour drinks or food.

Sometimes from the effect of taking cold or the application of hot poultices the disease suddenly disappears only to reappear in the breast, brain or testicle. I have known it to suddenly leave the throat and appear in the form of severe pain and inflammation of the glands in the abdominal cavity.

Treatment:—Tincture of *pulsatilla* in five drops every three hours is the best remedy, especially when it has a tendency to change location. When there is much fever, red face and swelling, mix five drops of the tincture of *belladonna* in one-half goblet of water. Dose, one teaspoonful of the solution every hour.

INFLUENZA—LA GRIPPE.

This is an epidemic disease which occasionally prevails, spreading all over the entire globe in a season and affecting nine-tenths of its inhabitants. It is a specie of catarrh and considering the manner in which the epidemic infection of this disease spreads, even over whole continents in the space

of a few days, it is evident that it is conveyed by a current of the atmosphere, and derives its origin from causes capable of impregnating the air which we breathe with the specific poison of the malady.

It is not usually accompanied with danger when appearing in a mild form and properly attended to at an early date, but when connected with highly inflammatory symptoms and these are not counteracted at an early stage by appropriate treatment, or when there is a predisposition in the constitution to consumption, or a tendency to asthma, unfavorable consequences are liable to result therefrom.

A violent and fatal epidemic spread over the world in 1831 and 1832, also from 1888 to 1892. In the treatment, quinine, which was so universally used during the last epidemic, was as fatal in its results as the use of it was unscientific in practice. I doubt if quinine was ever directly of benefit in this disease, and there is no question but that its use was positively injurious in many cases, and responsible for a great deal of the mortality attending the epidemic. In most cases, when the disease is first making its appearance, if the patient will retire to bed, cover up warm, put hot applications to the feet and back and drink a strong cup of boneset tea, it will in from twelve to twenty-four hours break up the disease.

In many cases from ten to twenty drops of the

tincture of gelsemium put into one-half goblet of water. Dose, one teaspoonful every hour, will quickly cure. This is especially the case when the disease has a tendency to invade the lungs and is accompanied with fever and chills.

COUGHS AND COLDS.

The inhabitants of every climate are liable to take cold when the seasons are variable, and there are sudden and considerable changes in the surrounding atmosphere. Those are chiefly subject to it who are of a delicate constitution, whose employment exposes them to quick transitions from great heat to a very reduced temperature, and who have a morbid susceptibility to the impression of cold and are predisposed to cough.

Most persons affect to despise colds, and as long as they can walk about, scorn to be confined by what they call a "common cold." Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from neglect, and at length they become invincible.

Causes:—Exposure to cold damp winds, humid atmosphere, sudden changes in the temperature, all of which have a tendency to check the perspiration.

Symptoms:—A cold is usually accompanied with a weight and pain in the head, oppression at the

chest, and some difficulty of breathing, a sense of fulness and stopping of the nose, watery and inflamed eyes, soreness of the throat, coughs, pain about the chest, cold shiverings, succeeded by flashes of heat, an aching all over the body, a discharge of mucus sometimes from the nose, eyes, throat, lungs, etc.

COMMON COUGH:—A cough is commonly the effect of a cold, which has been either improperly treated or entirely neglected. When it proves obstinate there is always reason to fear the consequences, as this shows a weak state of the throat or lungs, and is often the forerunner of consumption.

Treatment:—(1). Bathe the feet in hot water, rub them until a warm glow has been induced.

(2). If the cold is severe and affects the throat and lungs, take an alcohol sweat.

(3). Take an infusion of tea of hoarhound or boneset, sweetened with honey.

(4). Take a teaspoonful of a solution of aconite every hour, prepared by adding from three to ten drops of the tincture to one-half goblet of water.

(5). If the cough is troublesome, take a few drops of a mixture composed of equal parts of glycerine, honey and vinegar.

The suggestions in Nos. 1, 2 and 3, should be employed previous to retiring at night, or if the

disease is severe, in the day time, soak the feet in hot water for ten minutes and after wiping them thoroughly dry, drink freely of hoarhound or bone-set tea (hot) cover up warm in bed so as to produce gentle perspiration for a period of from eight to twelve hours, after which continue in bed for several hours.

ASTHMA:—This is a very common and at the same time a very distressing affection. It attacks the throat, bronchial tubes or lungs. It occurs in spasms which take place usually at night. It is characterized by frequent, short, wheezy respiration, stricture of the chest, a cough, sometimes there is profuse expectoration, and in other cases the cough is dry and little or nothing is raised.

The causes are very numerous. Often an attack is due to some other disease or condition of the system, as piles, ulcers of the rectum, by the lodgment of feces in the lower bowel, scrofulous habit of the system. Again it is due to some quality of the atmosphere, dust, the affluvia of certain plants.

It is a very common affection between the 30th and 44th parallels of north latitude; north of this it is scarcely known. There are some forms of asthma which can only be benefited by a change of climate, either to a higher elevation of ground or to a position north of the 44th degree of north latitude.

Asthma when it has once occurred in a person, is apt to return periodically, and more especially when excited by certain causes, such as sudden changes from cold to warm weather, etc. The disease is of a spasmodic nature, the caliber of the bronchial tubes becomes constricted, which interferes with the passage of air to and from the lungs, making a very labored affair of breathing.

Treatment:—A change of climate offers improvement, or a cure, for by far the larger number of those who suffer from this disease. Many a person has experienced immediate relief from a visit to northern Michigan or Wisconsin, or to the Rocky Mountains.

There is often some degree of warning given of the approach of an attack. The attack most commonly occurs at night, and the patient may be awakened from sleep. To those who experience or witness a paroxysm of asthma for the first time, it appears one of the most formidable of diseases to which man is liable. The patient is oppressed by a tightness across the throat, which so impedes respiration as to threaten the immediate extinction of life. The patient starts into an erect position, for a time the breathing is performed by gasps slowly and with a wheezing noise. There is also often present a propensity to coughing.

Treatment:—During a fit of asthma the patient

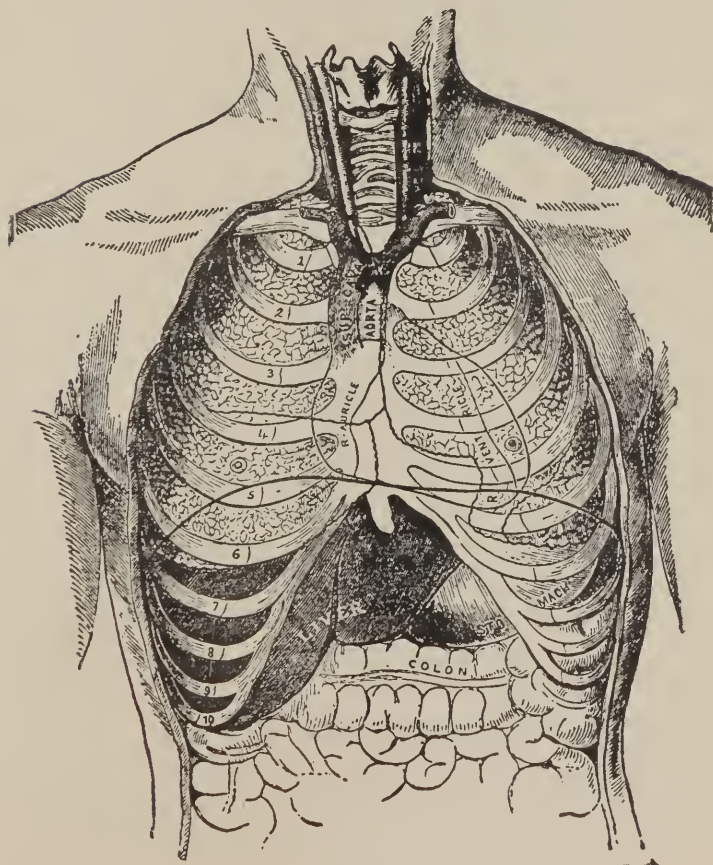
will naturally assume an erect position, the feet may be immediately immersed in hot salt water, with a view to equalize the circulation, if at this time a cupful of tea made from catnip or lobelia be taken while hot, it will often cut a mild attack short. Another excellent preparation is a tea made from blood root. If neither one of these preparations give relief, or if they cannot be had twenty drops of the tincture of lobelia may be given to an adult, give it in some hot drink. It may be repeated in a half hour if necessary.

This medicine sometimes shows the most astonishing effects in this disease. It is no sooner introduced into the stomach than the spasm is removed by dislodging collections of mucus in the bronchical tubes. The dose mentioned is the largest that may be given to a full grown person. In moist asthma after the violence of the paroxysm is over, continue to give the lobelia in ten drop doses three times a day. If persisted in, it will many times cure.

There are cases which will not be affected by this treatment. These are mostly cases of spasmodic asthma, termed dry asthma. In this class of cases, smoking thorn apple leaves, Indian tobacco (Lobelia) leaves, or inhaling the fumes of salt-peter paper when burning. The leaves of stramonium or thorn apple, may be soaked in a solution of

salt-peter, then dried. Put a little of it on a plate, set fire to it and put a lamp chimney over all, inhaling the fumes will give great relief.

INFLAMMATION OF THE LUNGS.



Inflammation of the lungs, lung fever, or pneumonia. By this is meant an inflammatory process in the lung tissue. There are several forms or varieties. In view of the fact that it is a disease which should be in the hands of a skillful physician we will only describe the disease in general, and give such symptoms as are more or less common to all forms.

The causes are similar to those which may produce a cold in the head, an attack of bronchitis, or an attack of pleurisy; exposure to wet, cold, from overwork, a blow and frequently it follows a burn or scald.

Symptoms:—Pneumonia usually begins with a pain in the side, and a chill more or less severe great difficulty of breathing, short dry cough, dry skin, anxious restlessness, thirst, high fever and rapid pulse. The lower lobe of the right lung is oftener attacked than any other. In two or three days the part of the lung affected may become filled up. The air cells are full of material and breathing through it becomes impossible. The inflammation may extend from one lobe of the lung to another, it rarely affects both lungs at the same time.

About the second or third day what is raised will be more or less bloody, sometimes even large mouthfuls of clear blood, will be coughed up. Again it may have the appearance of brick dust.

Later on it becomes, in favorable cases, gray, then yellow or white.

It is more dangerous in the very young, and the old. Unless interfered with either by harsh treatment, bad nursing and bad management the average case will recover in from five to nine days.

Treatment:—I have already mentioned that this is a disease which should be under the care of a physician. It is however, not always possible to secure the services of a physician when wanted, even in America, where as a rule they are in abundance. And again very much can be done in the early stage to mitigate the symptoms, and lessen the severity of the attack. One important thing to keep in mind is to promote free expectoration.

In some cases the inflammation may in an early stage be entirely checked by giving the patient a vapor bath, or an alcohol sweat. Or the patient may be put to bed, covered up warm with blankets, spread a hot corn meal mush or flaxseed on a cloth and lay it well over that part of the chest affected. The poultice should be hot, and changed often. Two may be prepared at a time, keeping one in a steamer while the other is in use. At the same time apply hot bottles to the legs and feet. If the corn meal or flaxseed is not conven-

ient, smartweed leaves, or boneset used in a similar way, will answer the purpose. Internally, ten drops of tincture of aconite in one-half goblet of water. Dose, one teaspoonful every hour is usually the first remedy required.

When the patient raises but little and the face becomes dusky red, a tea of blood root may be given in teaspoonful doses once an hour, or five drops of the tincture every half hour.

PLEURISY:—Is an inflammation of the serous membranes which cover the lungs and line the inside of the chest wall. When in the act of breathing the lungs are filled with air and expand, as the air passes out they become empty and the lung tissue contracts, or shrinks. The motion thus produced causes the membranes covering the lungs and that part lining the chest wall to rub gently against each other. When these membranes are inflamed this rubbing causes pain, and the patient complains of a severe sharp cutting pain in the side at every breath. This pain is sometimes so severe as to make it almost impossible to breathe, and the sick one will draw the breath in gasps, all the time suffering the most fearful agony.

The causes are from exposure to cold winds, sudden checking of the perspiration, sleeping on damp ground and exercise in a cold raw wind.

Symptoms:—This like most other forms of fever

begins with chilliness, and shivering, which are followed by heat, thirst and other common symptoms of fever. After a few hours the patient is seized with a violent pain in the side, which is often described "as though a knife was being thrust into the side." As the disease progresses, a plastic material is thrown off between the two surfaces of the membranes, and they become joined together by little bands of tissue. After the inflammation has subsided the pains may still continue in a modified degree. This is due to the bands of adhesion which have been formed as a result of the inflammation. This pain may continue for many months or even years.

The pain is of such a nature as to demand immediate attention. Under no condition ought the patient to take an opiate, as such treatment simply lulls the sensibilities, and the inflammation may continue in unabated form, because of the apparent comfort of the patient, the suspicions of the attendant or even the physician may be lulled (deceived), and the disease go on to a dangerous point. Leave the patient's mind clear so that he may guide you in the treatment.

Treatment:—First put the patient to bed, apply hot fomentations over the affected side. Tincture of aconite or bryonia may be given internally, according to their indications, or a tea made from

pleurisy root. Get the patient into a perspiration, and keep in that condition for a day or two. Remember that although the pain may have left the side, it is often only for a little while, and the care and attention should not be lessened until at least twenty-four hours have elapsed after the symptoms of disease have disappeared.

Give medicine, five drops of the tincture in one-half goblet of water. Dose, one teaspoonful once an hour.



CHAPTER XXII.

CONSUMPTION

Is one of the most deadly diseases affecting the human race. This will be better understood when I say that from eight to twelve deaths out of every hundred, are due to this dreadful malady. With these facts staring us in the face, you will understand why I give so much space to the consideration of this subject. Consumption has been the means of carrying more people to a premature grave than all the wars, famines and pestilences of history. We have become so much accustomed to its fatal ravages that we do not look upon it with the same degree of fear and horror we do upon war and pestilence. Consumption is a disease not confined to the lungs, but may affect any part of the human system. In using the word "consumption" I mean to cover all its forms and varieties.

Generally the inherent vitality of the patient and the hygienic surroundings determine the progress the disease will make in the system. In the robust, the disease after reaching a certain stage is permanently checked, the tissues are healed and the patient becomes well. There are some families and types of individuals, who, by inheritance or unsanitary surroundings, are prone to this dreadful disease. It has been among them for generations, and few have died from any other cause. They are the so-called scrofulous individuals, with no actual disease or physiological defects, yet they lack every essential of an enduring vitality, and a reacting constitution. They can never do a day's work, they become a prey to consumption, and when once this disease gets a hold upon them it never lets up until some organ has been destroyed, or perhaps life itself is lost.

As I have intimated, consumption rarely attacks those who are in good bodily health, and have hygienic surroundings. The question naturally arises, how do people get this disease? There are a great many causes. One we have mentioned—an hereditary predisposition.

Confinement of many people in illy ventilated rooms, exposure to sudden changes in the atmosphere, certain occupations, such as firemen, stone cutters, millers, etc., or the fumes of metals or

minerals under confined or unwholesome surroundings. There is question among medical men whether all of these are not predisposing causes, and the real cause of the disease may be found to be a little living substance, which if introduced into the system, and the soil be prepared to receive it and develop it through some means like those mentioned, will grow and develop into a disease. As a matter of fact it is pretty well established that consumption is an infectious disease, that it may be communicated under favorable conditions from one person to another, by means of the sputa; that the disease may be contracted from dogs that have it, from the milk and meat of cows which have the disease.

A person having this disease, and being confined for hours at a time in a room poorly ventilated may infect many others with the disease; a husband may infect his wife, or the wife the husband, etc.

Dr. Marfin, chief of the medical clinic of the Faculty of Medicine of Paris, gives the details of a localized epidemic which is very significant. In an important business house in the center of Paris, twenty-two persons were employed about eight hours per day. One of them, aged 40, employed at this place for twenty-four years, when he died, on the sixth of June 1878.

He coughed and spat upon the floor for these

years, and did not leave his work till three months before his death. From that time, out of twenty-two persons employed fifteen have died. One only died of cancer, the remaining fourteen died of consumption. One year before the death of the first person, who appears to have been the starting point of the epidemic, two employees who had been connected with the same business for more than ten years began to cough and spit upon the floor. They died in 1885. Beginning with the year 1884 the deaths followed each other at closer intervals. Dr. Marfin states the unsanitary conditions of the apartment in which these persons were employed, the smallness of the room, bad ventilation, bad light, were largely responsible. Gas was burned from a part to the whole of each day, especially in the winter. The floor was of wood, uneven, cracked, and very dirty. The first victim of consumption, and those who followed, spat upon the floor, and the sputa becoming dry was converted in this already unhealthy apartment into a poisonous dust. The room was swept every morning, and sometimes the employees arrived before the sweeping was finished, and while the dust was still floating in the air. It appears very probable that the inhaling of this dust, poisoned by the sputa was the cause of, or at least a strong factor in the propagation of the disease. There is no

question in my mind but that consumption is communicated from one person to another. The evidence which has produced this conviction is of the plainest and most convincing character. A man or woman previously in good health, and free from inherited predisposition to consumption, nurses a wife, husband or friend, through a fatal attack of consumption, and then after a few months sickens and dies of the same disease. Who of us have not observed this, time and again?

Symptoms:—The leading characteristics of early consumption are cough, loss of flesh, night sweats and fever, occasionally bleeding at the lungs, and frequently diarrhoea,

What can be done to prevent the spread of consumption? If we acknowledge what to my mind appears to be a fact, that consumption is very largely caused by the inhalation of infectious matter thrown off from the lungs of a person suffering from this disease, then we know what to do to prevent the spread of the disease to a large extent. Dwellers under the same roof who are daily brought into contact with the disease, and especially those who nurse the patient, should be very particular to have the air in the rooms pure, by thorough ventilation, in order to get rid of the emanations from the lungs, and the impurities constantly floating in the sick room. They should

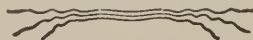
be exceedingly careful to avoid inhaling the breath of the sick one, therefore⁶ they should avoid sleeping in the same room, or in the same bed. They should frequently go into the fresh air, and for several minutes fill their lungs to their utmost capacity with free pure air, slowly exhaling the same. They should also by every hygienic measure at their command keep their system in a good healthy condition, for it is undoubtedly true that a person in robust health can withstand the debilitating influences of the infectious matter inhaled into the lungs, or taken into the stomach, while a debilitated and partially broken down constitution is fruitful soil in which the living germs of this disease propagate and grow. Then again, every sick room of this kind should be constantly supplied with appropriate and effective disinfectants, in order to destroy what remaining germs may be left by inefficient ventilation. The cloths used to expectorate into should be burned. It is best to use a paper cone for the purpose. If a vessel of any kind is used, it should be thoroughly disinfected from time to time. In case of death the house should be thoroughly disinfected by fumigation with burning sulphur, the premises renovated, and every precaution taken to destroy the infectious virus.

Treatment:—It is of the utmost importance that

digestion and assimilation should be in perfect order and that night sweats be suppressed. It is well known that the night sweats ordinarily come on towards morning, in the deep morning sleep. Often if the patient keeps awake, the sweats are absent. They are very debilitating. A cold infusion of sage drank on retiring at night, will often prevent the sweating. There are other things which will almost certainly check the sweating, but their administration should be in charge of a physician. One of these is Atropine, the alkaloid of belladonna, of which one-sixtieth of a grain may be taken on retiring at night. The cough may often be benefited by an occasional dose of ten drops each of glycerine and honey mixed.

The foods should consist largely of fats, as mutton or beef, cod liver oil, etc. Butter, rich cream, the flesh of wild game and fish are especially servicable in this disease as appropriate food. The diet will vary according to the circumstances and condition of the patient. The functions of digestion and assimilation should not be impaired, and any article of diet that is not readily digested should not be used. Cod Liver Oil and Hypophosphites are in reality medicinal foods, and occupy a front rank in the treatment of this ailment. In regard to climate, as a general thing it should be a high, dry, moderately warm situation,

such as can be found in some parts of Florida, Colorado, California and Georgia. No one particular country will suit or prove beneficial to all consumptives, but as a general rule a high dry situation is better than a low wet situation. It is advisable to live out doors as much as possible. In fact where the temperature is not too cold it is advisable to live in a tent all the year round.



CHAPTER XXIII.

ERYSIPELAS

is an inflammation of the skin, accompanied with fever, which together with drowsiness is generally present a few days before the attack. The inflammation is generally confined to the outer skin, but may penetrate into the deeper tissues. The skin becomes hot, red and swollen, covered sometimes with blisters. Every part of the body is liable to be attacked, although the face, legs and feet are most frequently affected. Erysipelas does not often attack persons before the age of puberty. It is a disease of advanced life, and is more frequently encountered among females than males. In some individuals there appears to exist a predisposition to the disease. In some instances it returns periodically, attacking them once or twice a year, and sometimes oftener. Erysipelas is occasioned by many things, such as injuries of all kinds, the

external application of acid and irritating substance to the skin, exposure to cold, obstructed perspiration, suppressed secretions, etc. The disease also appears to be under certain circumstances, epidemic, caused by a peculiar state of the atmosphere. The disease usually makes its appearance by a roughness on the skin, pain, heat and redness, which becomes pale when the finger is pressed upon it. In two or three days it may spread by inflamed red streaks, following the course of the large blood vessels in the skin, or by successive crops of blisters, which are filled with an irritating yellow fluid. Erysipelas of the head is more dangerous than when occurring elsewhere, as it may attack the brain.

An attack will usually last about five days. The treatment should be in the hands of a physician. Beets make an excellent local application, grated blood beets used as a hot poultice. Under its use pain and inflammation will quickly disappear. Bruised cranberries used as a poultice are also of decided benefit.

Internally, tincture of belladonna, when the inflammation is bright red, the pulse hard and bounding, and the fever high. Tincture rhus tox, when the inflammation is covered with little blisters, and has the appearance of having been poisoned by ivy.

These remedies may be given, five drops of the tincture added to one-half goblet of water, dose, one teaspoonful of the solution once an hour.

ITCH.

True itch is a common contagious disease of the skin, caused by the presence of a minute animal—the itch-mite, which burrows into the skin. The eruption usually first appears between the fingers and on the back of the hand, next on the arms, legs, and belly, hardly ever on the face or scalp. The itching is troublesome, being worse at night, and in a warm room. The skin shows a breaking out on the surface, which may consist only of very small pimple like elevations or little blisters, with scabs or crusts, or marks where the nails have scratched the surface. Looking closely at one of the pimples, one may see a little red line at the end of which may be found a slightly elevated point. This is the track or burrow of the mite.

It is important to be able to distinguish itch from any other skin disease, some of which it resembles, this can be done by remembering that it rarely appears upon the face, that it usually begins between the fingers, that there is no feverishness at its beginning, itching worse at night,

the mark of the burrow. the evidence that it is catching, and the presence of the itch mite.

Treatment:—Rub in thoroughly once or twice a day the crude oil of petroleum or sprinkle sulphur between the sheets. Rub into the skin an ointment made of,

Flours of sulphur, one tablespoonful.

Clean fresh lard, three tablespoonfuls.

Mix thoroughly.

Use by rubbing well into the skin on retiring at night.

TETTER, ECZEMA, SALT RHEUM.

What is commonly called “Moist Tetter” is know to physicians as Eczema. It is a common disease with several varieties. They are all marked by the appearance on the skin of a great number of small blisters, not larger often than the head of a pin, each filled with a clear watery fluid. They run together, burst, and pour out their contents, which often dries into a small crust, and has the peculiar property of stiffening linen. Other crops of little blisters then appear, and pursue the same course. The skin is tender, irritable, inflamed, and moist to the touch, and not unfrequently the general health is impaired. The eruption may break out in any part of the body, and it

appears receives separate names in consequence, for instance when on the face of infants, it is known as "Milk Crust," on the head, one of the forms of "Scald Head," and on the nipple as "Chapped Nipple." The general character of these are the same, the disease commencing with a crop of watery pimples which break and form scab or crust. This disease is more or less contagious. It is an acute or chronic catarrhal inflammation of the skin, of a mixed character, being both local and constitutional.

Early attention should be given to treatment, which should be persevered in for some time, as the disease is frequently obstinate. In the first place the parts should not be washed with soap as this increases the irritation. In fact some cases should not be washed at all with soap or water, as it not only increases the itching, but favors the spread of the disease. If there are crusts, they may be softened by an application of vaselene or sweet oil. The objection to the latter is that it becomes rancid.

When the head is affected an ointment of tar one part, vaselene three parts, may be rubbed into the scalp once or twice a day. This may also be used on the face.

An excellent preparation for any part of the body consists of

Acid Salicylic, 20 grains,
Vaselene, one ounce,
Oxide of Zinc, one half ounce.

Mix thoroughly and apply twice a day. If it forms a thick scab, soften with a little vaselene.

When the skin is very moist, the powdered oxide of zinc, may be dusted on, or a mixture of one ounce of oxide of zinc and two ounces of glycerine applied.

RINGWORM OF THE SCALP

will yield more promptly to applications of menthol than to any of the ordinary remedies employed for this purpose. One part of menthol, four of chloroform, and twelve of olive oil, this is gently rubbed into the part.

ACNE, PIMPLES ON THE FACE, ETC.

This is an affection seldom met with in childhood, but which usually makes its first appearance at the period of puberty, and tends to disappear spontaneously before the age of 21 to 24 years. It is only in exceptional cases that it is met with later in life. It is common in both sexes, and the tendency to eruption is frequently found to be hereditary, appearing from generation to generation.

It is often difficult to explain why the eruption should occur in certain young people and not in others. Disorder of the stomach and bowels, masturbation and sexual excesses are among the most prominent causes.

Treatment:—When the cause is known it should be removed. Great benefit may be had by bathing the face in hot water for ten minutes before retiring at night. A little alcohol applied to the face two or three times a day is often of great service. The hot water may be applied by means of a soft cloth. Wring it out in hot water and sop the face thoroughly, do not rub it.

HIVES, NETTLE RASH, URTICERA.

The characteristics of this eruption upon the skin are found in the elevation of patches, and in the burning, stinging nature of the pains, in their dependence upon some recent disorder of the stomach, or excessive warm weather, in their usual sudden appearance and frequent equally sudden disappearance.

It consists of an eruption of red inflamed patches. They may however be like white wheels irregularly distributed upon different and often distant parts of the body, greatly resembling the eruption produced by the application to the skin of the stinging nettle.

Treatment:—Most cases are mild and disappear

of their own accord in a few hours or a day or two. The itching and stinging sensation may be relieved by bathing the skin in soda water.

POISONING.

By Poison Oak and Sumac:—In the spring and summer many people make excursions into the country for pleasure, others for profit or business. It is to be expected and it often happens that many of those who come in contact with the poison oak will be poisoned by it. In fact some people are so susceptible to its influence that it is only necessary for them to come within a distance of ten or twelve feet of it to be poisoned.

Many agents have been offered as a cure, but it often happens that what will cure one person will not always help another. In mild cases an application of lead water will often prove sufficient. A strong tea made of the bark of sassafras root, bathe the skin several times a day with it. Fluid extract of serpentaria has given remarkable success. It is best applied by placing cloths moistened with the extract upon the affected parts. Two or three applications generally effect a cure. In some cases of a severe nature it will facilitate matters by taking three drops of the fluid extract of serpentaria internally once an hour. Take it in a teaspoonful of water.

CHAPTER XXIV.

STYES.

Dr. Cauldwell of New York, recommends the use of camphorated oil applied to the lid, when the styte is forming, several times a day. He claims to have cured a large number of cases in the above way. It has the advantage of being cheap and convenient. If camphorated oil cannot be had, the ordinary tincture will answer.

Another method which is all but certain in its results is to raise the lid from the eye ball, and paint with a camel's hair brush a little tincture of iodine over the styte. Be careful to hold the lid from contact with the eye until the iodine has become dry.

BURNS.

The first principle involved in treatment is to keep the parts protected from the air. For this

purpose the application of a thick solution of gum arabic is probably the best that can be made. It relieves the pain almost immediately, and the process of healing goes on under it rapidly. Baking soda, in the form of a powder sprinkled on the burn has also been highly recommended. Wheat flour has been used with success. Vaseline spread over the entire surface is of great benefit in some cases. Bismuth may be incorporated with the vaselene to advantage. Use one drachm of the subnitrate of bismuth to the ounce of vaselene.

BOILS.

During the early stage boils can often be checked or entirely suppressed by applying several times a day the tincture of camphor. In the late stage a poultice is often necessary. The heat and moisture of fomentations, produce great relief.

CARBUNCLE.

It is in some respects related to a boil, though much more dangerous, the inflammation being more extensive and more dangerous in character. The usual situation of a carbuncle is on the back of the neck, though any part of the body may be attacked. The size varies from that of a chestnut

to that of the palm of the hand, the constitutional symptoms when the tumor is large being dangerous in the extreme. Carbuncles are most common in advanced life, although they may be seen in young persons, especially those who have been accustomed to hardships and severe privations.

Treatment:—When there is high fever, throbbing headache, red face, and dry tongue and throat, put three drops of the tincture of belladonna into one-half goblet of water. Dose, one teaspoonful every hour. Do not permit the tumor to be cut, and refrain from poulticing it in the ordinary way. If marigold flowers can be procured, steep them for a little while in hot water, and apply them to the tumor while yet hot. The leaves of plantain may be used in a similar manner.

Take of Chloral Hydrate, once ounce.

Water, one ounce.

Glycerine, one ounce.

Mix. When the chloral is dissolved mix a little of the solution with a bread and milk poultice, and apply to the carbuncle.

CORNS

may be readily removed by soaking them in warm water for an hour, then paint some oil around the corn, and touch it with one-half drop

of nitric acid. This will soften it, and after a few minutes it may be removed. Care should be exercised in the use of the acid, as it is very powerful, and if it should come in contact with the skin would destroy it, hence the advice to surround the corn with oil.

FELONS.

In the early stages, put a quantity of bicarbonate of soda upon a piece of absorbent cotton, or a piece of cotton cloth previously moistened, and wrap this around the finger, keeping it constantly moist, occasionally renewing the soda. Or touch the finger over the spot where the pain is with the solid stick of nitrate of silver slightly moist. When pus has formed immediate relief and speedy cure will follow the gentle, slow separation of the nail from its envelope by means of a penknife blade, not too sharp, at the point nearest the seat of greatest pain. Very soon a drop of matter shows itself and relief is experienced.

FETID SWEATING OF THE FEET.

Take, one part salicylic acid, fifty parts mutton suet, melt the suet, stir in the acid, and let it cool. Apply to the feet on retiring at night, or

Mix one part of alum with two parts of glycerene, rub it well into the feet on retiring at night, over which pull a light open sock. In the morning bathe the feet in tepid water.

TENDER FEET.

A remedy for tender feet is cold water, about two quarts, two tablespoonfuls of ammonia, one tablespoonful of listerine. Sit with the feet immersed for ten minutes, gently throwing the water over the limbs upward to the knees. Then rub dry with a crash towel, and all the tired feeling is gone. This is good for a sponge bath also.

SPRAINED FOOT.

A simple remedy is to slide the fingers under the foot, and having previously greased both thumbs pass them successively with increasing force over the painful parts for about a quarter of an hour. This process should be repeated several times until the patient is able to walk. When the sprain is in the ankle, the above method may be supplemented by a bandage, beginning at the toes bandage the foot and ankle, saturate the bandage with a solution of Witch Hazel, one part, water, three parts.

DANDRUFF.

Dandruff is a disease of the scalp, and tends to destroy the hair follicles and thus produce baldness. It also seems to have some peculiar connection with the formation of pimples on the shoulders, it has been noticed that where there has been an eruption on the shoulders there is also dandruff in the hair, and the latter having been cured the eruption disappears at the same time.

Treatment:—No. 1. Spirits of ammonia, one drachm.

Tincture of Capsicum, one drachm.

Pure water, six ounces.

No. 2. Pure water, one-half pint.

Tincture of Spanish fly, one and one-half drachms.

Which ever one is selected, use as a wash once or twice a day.

FOREIGN BODIES.

Foreign substances of many kinds may enter the eyes, nose, throat, ears, etc., and remaining there cause serious trouble. Things in the eye. The most convenient plan when bits of cinder, or similar bodies get in the eye is to shut the eye, pass a bodkin under the lid, press gently upon it with

your finger, and push outward against the lid with the bodkin, sweep the little nuisance into the inner corner of the eye. Among the almost numberless methods of removing particles from the eye, the following is one of the most efficient means: Make a loop by doubling a horse hair; raise the lid of the eye in which is the foreign particle, slip the loop over it, and, placing the lid in contact with the eyeball, withdraw the loop, and the particle will be withdrawn with it. Simply lifting the upper lid away from the eyeball by taking hold of the eyelashes, and drawing the upper lid down over the lower will often answer the purpose. When any irritating substance of a liquid form, such as ammonia or corrosive sublimate, gets into the eyes, pour in sweet oil.

THINGS IN THE EAR AND NOSE:—If in the nose take a small pair of forceps, put the points in the nostrils and open them, carefully grasping the body or substance, at the same time grasp the nose above the substance and press gently downward. A pinch of snuff, or tickling with a feather will often cause the substance to be expelled with a sneeze.

Children often put peas, beans, coffee grains, etc., into their ears, and in trying to remove them friends are only apt to push the substance farther into the orifice. No instrument should ever be

used, except by an aurist, in removing anything from the ear; the only thing that can be safely employed by the unskillful is a syringe, fill a small syringe with quite warm water and gently force it into the ear; if a bug or fly gets into the ear this will quickly drown him out. Oil is better than water to drown out insects.

CARE OF THE EAR:—As delicate as the organ of vision is that of hearing, and as careful a watch should be kept upon it, so that no loss of that exquisite sense may occur. When several blind persons were questioned as to which they would rather do without, their visual organs or those of hearing, the majority declared in favor of the latter. We feel a compassion for the blind; for the deaf we are not often sympathetic. The spectacle of a sightless individual touches us to tears—of one who cannot hear provokes almost a feeling of drollery—yet no doubt the loss of one sense is as pathetic a thing as a loss of the other. Many erroneous ideas still exist in the popular mind that interfere seriously with the work of the skilled ear surgeon. Too many people think the ear is too delicate, so delicate that nothing ever can be done to alleviate any distress arising therein, and allow a trivial disorder, that might be rectified, to bring about a case of partial deafness which finally settles into permanency.

Many children are troubled with earache, followed by offensive discharges from the ear to which no attention is paid. There is great danger of the hearing being impaired by such neglect, and even loss of life itself, as the inflammation, which causes the discharge and which is situated in the tympanic cavity, is very liable to extend to the membranes of the brain and result fatally. One of the most common forms of deafness is caused by an extension of inflammation from the throat to the ear through the tube. The first thing noticed by the person suffering thus is a ringing noise in the ears, and a slight impairment of hearing. These symptoms may come on so gradually as not to attract attention for some time. The disease may be readily checked in its early stages, and it is important therefore, to attend to it as soon as it is noticed. A relief for earache is an application of hot water in rubber bags, and a few drops of hot water in the ear. If this fails to relieve the pain a drop of the tincture of opium may be added to the hot water put into the ear. Sometimes warmed sweet oil, or what is still better watch oil, such as jewelers use, acts very nicely, while great relief is often obtained by the simple application to the outside of the ear of bags of hot salt.

FOREIGN BODIES IN THE THROAT:—Anything

remaining in the throat causes choking and distressing cough. When a person chokes give a smart slap between the shoulders, this will often cause them to eject the substance from the mouth. A teaspoonful of mustard will sometimes cause vomiting and thus throw it up.



CHAPTER XXV.

ULCERS.

Those sores that are produced by the action of the ulcerative process, are termed ulcers. All the tissues of animal life are liable to be attacked, but it is more particularly the formation of those sores that appear on the surface of the body that demand our attention in this chapter. There is a great variety of ulcers, this chapter will be devoted to the consideration of simple, indolent and irritable ulcers. Ulcers due to specific diseases, such as Scrofula, Syphilis, Cancer, etc, if at all considered will be found under the head of those diseases.

SIMPLE OR HEALTHY ULCER:—This is, in truth, an example of healthy granulations following a wound or abscess. The discharge is thick, creamy, easily detached, and almost inodorous, and not profuse—in fact, it is healthy pus. The granulations, or little red elevations of flesh, are numerous

small and sensitive, bleed easily, being highly vascular. The general sensations in the sore when not touched is a slight tenderness, or feeling of rawness, rather than actual pain, not unfrequently a sensation of itching is present to a degree even troublesome. As soon as the granulations arrive at the surface of the skin, the latter begins to heal at the edges, and proceeds steadily until the entire surface is repaired. The treatment of such sores is quite simple. The part should be kept at rest, and above all, the strictest cleanliness should be observed. Milk and tepid water commingled in equal parts should be allowed to dribble over the sore from a sponge or piece of cloth saturated with the liquid. The simple ulcer generally heals rapidly, without the exhibition of any medicine.

IRRITABLE ULCER:—This form of ulcer is generally preceded by an irritable state of the system. The digestive function is frequently impaired, the sore being often found among those in the higher walks of life who eat and drink to excess, or among debauchees. The appearance presented by an irritable ulcer is as follows: The edges are ragged, undermined, and toothed; the bottom appears deeper in some points than in others, and the parts around are red, inflamed and frequently swollen; the discharge, which is always considerable, is a thin greenish, or redish matter which is

frequently so acrid that it makes the surrounding skin sore, small red granulations are wanting, and in their place we have a dark red spongy mass which is very sensitive and bleeds at the slightest touch, the blood being dark in color. The treatment should be both constitutional and local, the digestive functions should be healthy. This class of ulcers is usually found upon the lower extremities. Rest and keeping the ulcer free from all sources of irritation are important factors. Soothing local applications should be employed, such as vaseline, elm poultice, a mild decoction of marigold flowers, etc.

INDOLENT ULCER:—An irritable or simple ulcer may degenerate into this variety. Indolent ulcers are of much more frequent occurrence than either of those described. The appearance presented is a complete contrast to those of the irritable ulcer, notwithstanding that it may have been the result of that kind of a sore. It is a most common sore among individuals belonging to the laboring class, upon whose efforts depend the subsistence of their families, and who therefore are unable to make use of appropriate means, so necessary at the beginning, to produce repairs.

As long as an erect posture is practicable, no inducement that can be offered is sufficient to convince the person having this kind of a sore, to

desist from work. An indolent ulcer presents the following appearance: The edges are elevated, protruding, smooth, and rounded, giving to the sore the appearance of a deep excavation. The surface is smooth, glossy, and pale, and generally void of granulations. Sometimes the sore is dry, but frequently there is a discharge of thin fluid. The surrounding skin is thick, swollen, and discolored.

The most striking characteristic of the indolent ulcer is the elevation of its edges, which are very hard, and present a whitish appearance, resembling a ring of cartilage. The pain is so trifling that the patient experiences but slight annoyance.

VARICOSE ULCER:—This is a variety of indolent ulcer, which precedes or follows a varicose enlargement of the veins of the legs or thigh. It generally makes its appearance on the inner side of the leg, and is often very difficult to cure. The edges of the skin are not much thickened, the discoloration is sometimes considerable and the skin often being almost black for a considerable distance around the sore. The limb becomes very much swollen, and frequently presents the appearance of tetter.

Treatment:—In the treatment of indolent ulcers, it is necessary that the utmost cleanliness be observed. Use wholesome diet, easily digested and nutritious food, in fact as far as possible, every effort should be made to remove the predisposing

cause. Purely medical means will, in many instances cure these cases after protracted treatment. If possible the patient should keep off the feet the greater part of the time. The limb should be elevated. Give an even support, by applying a roller bandage from the foot or ankle to the knee. When the skin around the sore is rather moist it ought not to be washed oftener than once a week, as too frequent washing increases the difficulty, and causes much itching. The sore should be thoroughly cleansed each day. When the sore is the result of varicose veins, take internally three drops of the tincture of witch-hazel or stone root three times a day. Sprinkle a sufficient quantity of the impalpable powder of boracic acid over the sore to cover it, and apply the bandage, which should be renewed each day. Care must be taken that the bandage be applied very smoothly, and with uniform pressure, from foot to knee.

Earth treatment of varicose and indolent ulcers has been followed with remarkable success. For this purpose, take good sub-soil, dry in an oven, or rather bake in an oven, and divest it of grit, powder fine and sift, apply this directly to the sore, and hold in position by wax paper or bandage. The earth is not only comfortable and cool to the limb, but it is a complete disinfectant. Many cases of the successful use of this easily obtained

application are recorded. Several years ago I cured a most obstinate case of twenty years standing, by this treatment. If the patient will keep the recumbent posture the improvement will be much more rapid.

When the ulcers are foul having a very bad odor sprinkle on them hyposulphite of soda, one part, sugar of milk, nine parts. This should be thoroughly rubbed together.

Marigold ointment will be found an excellent salve for many sores and wounds, cracked lips, nipples, etc.



CHAPTER XXVI.

POULTICES.

Poultices are local baths:—they supply heat and moisture to a part, soften the skin, dilate the vessels, lessen the tension, and relieve pain. They are used in pneumonia, pleurisy, bronchitis, pericarditis, and other internal inflammations; rheumatism, lumbago, and to mature abscesses.

Rules:—Do not remove one poultice till the next is ready to replace it. A poultice may be either hot or cold, according to the demands of the case. In using hot poultices change them as often as they begin to get cool, which is usually about fifteen minutes. To make a poultice retain heat for a long time cover with oil silk or cotton wool. In suppuration do not let the poultice cover a larger surface than the abscess.

CORN MEAL:—Mix the same as for mush, spread

on a cloth from one half to one fourth inch thick, put another cloth over this. Prepare two or three. Have on the stove a kettle of hot water, and put one poultice in a steamer over the kettle while the other is on the patient.

LINSEED MEAL:—Put sufficient hot water into a hot bowl, sprinkle the meal into the water, stirring vigorously until the required consistency is attained, and last stir in a small quantity of olive oil. Spread smoothly and evenly on a piece of muslin, and cover with a piece of cheese cloth, heated by steaming as for a corn meal poultice. Oat meal poultices may be prepared in a similar manner.

STARCH:—Add a little cold water to the starch and blend the two into a pap: then add sufficient boiling water to bring it to the required consistency, and spread on a cloth. This is neat, bland, and unirritating.

MUSTARD POULTICE:—Mix some linseed meal in a quantity of boiling water, to creamy consistency, then add same quantity of mustard as of meal used, stirring constantly. Spread on a cloth, cover with gauze and apply, leaving on for from ten minutes to a half hour.

TO MAKE AN ICE POULTICE:—Spread a layer of linseed meal, three-fourths of an inch deep, on a cloth of proper size, and put pieces of ice the size of a marble on the meal at intervals of an

inch; then sprinkle lightly with the meal, cover with a cloth and turn over the edges; apply the thick surface to the skin. The meal protects the skin and excludes the air from the ice, which prevents its melting. Use in some forms of headache, brain fever, delirium, sprains, etc.

SLIPPERY ELM POULTICE:—Moisten the powdered slippery elm bark with hot water; spread and apply as directed for flaxseed meal poultice. This poultice is very light and soothing, it is therefore well adapted for application to the eye or to burns or to irritable sores.

FLAXSEED MEAL POULTICE:—Warm a wash basin by scalding it in boiling water; place in it sufficient ground flaxseed, mix it with boiling water, so as to have no lumps, into a thick smooth cohesive mass. Spread it a quarter of an inch thick upon folded muslin or linen, lay over it a piece of thin gauze, which may be sewed around the edges to enclose the poultice in a bag, and thus prevent the contents from escaping into the clothing. Apply and keep warm by a cover of oiled silk or muslin.

POTATO POULTICE:—Grate the potato into a fine pulp, spread it upon a piece of cloth and cover with gauze. This makes an excellent application in some forms of inflammation of the eyes.

MOIST FOMENTATIONS are used to relax spasms,

as intestinal, renal and biliary colic. Directions—place fold of flannel cloth in the middle of a towel, twist the ends of the towel, and dip the portion containing the flannel into a dish of boiling water, take out and wring it until as much water as possible is pressed away. Take out the flannel and apply it to the seat of pain. Or, sprinkle a fold of flannel with warm water and run a very hot flat-iron over it. Compresses lose their heat rapidly and must be frequently changed or removed.

DRY FOMENTATIONS:—When dry heat is required put into a flannel or muslin bag, of suitable size, a quantity of hot sand, hot salt, hot bran, or hot cornmeal; a hot plate wrapped in a cloth, answers well. A rubber bag filled with hot water is the best of all. Put acetate of soda into a tin can, of suitable size, tightly closed; set this in boiling water for thirty minutes; remove, wrap in flannel, and apply to the painful part; it will give off the heat for many hours.

BATHS.

BRAN BATH:—Boil four pounds of bran in one gallon of water, strain, and add the liquor to sufficient water for a bath. Use to allay irritation of the skin, and to soften it in scaly diseases.

SALT BATH:—Add rock salt in the proportion

of one pound to four gallons of water. Use as an invigorating bath, and to lessen susceptibility to cold. This makes an excellent sponge bath for the morning toilet.

SULPHUR BATH:—Twenty grains of sulphuret of potassium to a gallon of water. Use for skin diseases and rheumatism.

MUSTARD BATH:—Add a handful of mustard to the ordinary hot bath, or a small quantity to a foot bath, when stimulating action is required, as collapse of fever or chill, congestive chill, etc.

COLD DOUCHE:—Lower patient's head, place rubber cloth under, and pour cold water from a pitcher over crown of head, the pitcher being slowly and gradually raised higher and higher, so that the water may fall with more force. Use in sun stroke and congestion of the brain.

WET PACK:—Spread a comfort and several blankets on the bed, and over them a sheet wrung out of cold water. Remove all of the patient's clothing, lay him in the middle of sheet, draw the edges of the sheet over, and wrap the patient in it snugly, then draw over one side after another of the blankets and comfort, and make all snug, putting a cold wet compress on forehead. Use to reduce the heat in typhoid, and to develop or bring out the delayed rash or eruption in scarlet fever, etc.

BLANKET BATH:—A blanket is wrung out of hot

water and wrapped around the patient. He is to be packed in three or four dry blankets and allowed to rest quietly for thirty minutes. The surface of the body should then be well rubbed with warm towels and the patient made comfortable in bed. This is an easy means of inducing perspiration and is alone sufficient to break up ordinary colds. It did excellent service in the treatment of La Grippe.

VAPOR BATH:—Place the patient, with clothing removed, in a large cane seat chair, and surround both completely with blankets, letting them extend to the floor, and be secured about the patient's neck. Under the chair place a basin of hot water with alcohol lamp beneath it, bring water to boil, and patient will soon be brought into a state of perspiration which may be carried to any desired extent. Use in severe colds, the beginning of lung fever, bronchitis, Bright's disease, dropsy and especially in gout. This in every way equals the vapor baths given at sanitariums.

ICE:—To keep in sick room, tie a piece of flannel loosely over the mouth of a bowl, put the pounded ice in the nest formed by the depression as the cloth hangs down in the bowl, and cover with another piece of flannel. In this way it will last throughout a warm night. Break bits off, as wanted, with a pin.

CHAPTER XXVII.

DEATH TEST.

1 The entire continuous cessation of the heart's action. This must be tested for by a practiced ear, using the stethoscope. Or by tying a string or cord around the finger, the part beyond the constriction will, if there be circulation, become bluish red while where the ligature is applied, there will appear a narrow white band.

2. The entire and continuous cessation of respiration. Test by the surface of a cold mirror, if moisture condenses breath has not ceased. Hold a light feather over the lips to see if there is a current of air passing. Set a glass of water on the chest, there will be motion if life is present.

Stick a pin into the flesh, if the opening does not close up life is extinct.

LOSS OF BLOOD.

If the patient is bleeding, do not try to stop it by binding up the wound. The current of blood to the part must be checked. To do this find the vessel that is bleeding, you can tell it by its beating; lay a compress or pad (made of cloth or rags rolled up, or a round stone or piece of wood well wrapped) over the artery. (See Fig. 1.) Tie a handkerchief around the limb, placing a compress under it just over the bleeding vessel, put a stick or knife handle through the handkerchief and twist it up until it is just tight enough to stop the bleeding, then put one end of the stick under the handkerchief, to prevent untwisting, (as in Fig. 2).

The principal artery in the thigh runs along the inner side of the muscles in front, near the bone. A little above the knee it passes to the back of the bone. In injuries at or above the knee, apply the compress high up on the inner side of the thigh. When the leg is injured below the knee, apply the compress at the back of the thigh, just above the knee at C, Fig. 4, and the knot in front as in Fig. 1 and 2.

The large artery in the arms runs down the side of the large muscle in front, quite close to the bone; lower down it passes further forward



Fig. 1



Fig. 2

C

Fig. 4



Fig. 5

C



Fig. 3

toward the bend of the elbow. It is most easily found and compressed a little above the middle of the arm, see Fig. 5. Care should be taken to examine the limb from time to time, and to lessen the compression if it becomes very cold or purple; tighten up the handkerchief if the bleeding begins afresh.

ARTIFICIAL RESPIRATION.

TO BE USED IN CASES OF DROWNING, ETC:—
Remove all the clothing from the chest and arms, clear the mouth of mucus, place the person on the back with a small firm cushion or roll of clothing under the shoulders. Pull the tongue forward, stand or kneel behind or at the head of the patient, grasp the arms just above the elbows and draw them gently and steadily outward, upward and backward until they meet above the head, keep them in that position long enough to count two, then flex them at the elbows and return them gently to the sides of the chest and press the arms firmly against the chest, holding them there for two seconds. Repeat the process at the rate of fifteen or eighteen times a minute. When spontaneous respiration has become reestablished, cease further efforts, and proceed to induce circulation and warmth. In changing operators, do not

miss a single movement. Occasionally blow a little of the vapor of ammonia, or a little snuff into the nostrils. Persevere in the treatment for hours. Persons have been restored from apparent death after several hours of effort. After breathing has been restored, promote circulation and warmth by rubbing limbs upward with firm grasping pressure and energy, using flannels, handkerchiefs, etc. Continue the friction under the blankets. Use hot bottles, hot bricks, jugs and bags of hot water, etc., provide at all times a free supply of fresh air. As soon as the patient can swallow give a little hot water, follow by coffee, wine or brandy. Put him in a warm bed, and encourage a disposition to sleep.

POISONING.

Emetics:—Ipecacuanha—the powder, thirty grains in water. Sulphate of Zinc, thirty grains in water. Repeat if necessary; it is prompt and safe.

Mustard:—A tablespoonful in a half pint of warm water. Common salt, two tablespoonfuls in a half pint of warm water.

ANTIDOTES.

For Opium:—Strong black coffee. (See flagellation below.)

For Arsenic:—Iron rust, the water from rusty nails, in quantity.

For Acids:—Lime water, chalk and water, magnesia mixed in water. Ammonia and water, ashes, plaster from the wall, tooth powder in water, soap in water.

For Alkali:—Vinegar freely, acetic acid and water, lemon juice. Any dilute acid.

For Belladonna and other narcotics:—Strong coffee, ammonia, electricity, and stimulants.

GENERAL DIRECTIONS.

Emetics:—Give that emetic which can be most speedily obtained. If the poison be of a corrosive nature, give copious draughts of demulcent drinks, followed by an emetic. If the emergency be great and no emetic is at hand, give copious draughts of tepid water, even though it is dirty or greasy, then run the finger down the throat to excite vomiting. This action is facilitated if a large quantity of fluid is swallowed.

Depression:—When present must be combated by stimulants, warm applications to the extremities, friction, electricity, etc.

Flagellation:—In poisoning with narcotics, henbane, opium, etc., to keep the patient from sinking into fatal stupor slap the skin sharply with wet

towels, rub the soles of the feet with a stiff hair brush, make every effort to rouse him. Walking the patient only adds exhaustion to stupor; better lay him on a lounge and use the towels and hands.

Kind of poison unknown; Treatment:—Provoke vomiting, give demulcent drinks, stimulate if necessary.

Opium; Morphine; Laudinum; Chloral:—Provoke repeated vomiting, give strong coffee, rouse by flagellation, artificial respiration.

Arsenic; Paris Green; Shule's Green:—Provoke repeated vomiting, give iron. Give dose castor oil. Secure rest. Stimulate if necessary.

Strychnine:—Provoke vomiting once or twice, give purgative, secure absolute rest.

Acids:—Sulphuric; Nitric; Oxalic; Carbolic:—Give an alkali, provoke vomiting. Demulcent drinks, stimulate if necessary.

Alkalies; Ammonia; Soda; Potash; Lye:—Give an acid, vinegar. Provoke vomiting, demulcent drinks, stimulate if necessary.

Corrosive Sublimate; Tarter Emetic:—Promote repeated vomiting, give strong tea freely, give raw eggs and milk, give dose of castor oil, stimulate if necessary.

Nitrate of Silver; (Lunar Caustic):—Strong solution of salt and water very freely. Provoke repeated vomiting.

Sugar of Lead:—Give Epsom Salts repeatedly, provoke vomiting, give demulcent drinks, give castor oil.

Glass:—If particles of glass have been swallowed, let the patient eat large quantities of bread crumbs, to envelope it, then give an emetic. Do not let it pass into the bowels.

ASCLEPIAS TUBEROSA.

Vulgar name — pleurisy root, butterfly weed, flux root, wind root, white root, silk weed, etc.

Part used, the root.

The root is large, fleshy, white and of variable form. The plant has many stems, which stand nearly erect, round, hairy, green or red. The leaves are scattered, very hairy, pale beneath. The flowers are received by long slender pods, containing the seeds to which is attached a kind of silk. Flowers of a bright orange color.

History:—This plant is easily known by its bright orange colored flowers, blossoming in July and August. It is a very ornamental plant, inodorous, the stalk and leaves are milky. It produces a fine glassy and silky down, which has been used for making beds, hats, cloth and paper.

Locality:—It is found throughout the United States but it grows more abundantly in the southern states. It prefers open situations, poor and gravelly soil, along gravelly streams and on hills. It is rarely to be met with in rich and loamy soils.

Medical Properties:—It is a valuable, popular remedy. Its action is upon the lungs, to assist expectoration, and to relieve the difficult breathing of persons suffering from pleurisy or pneumonia. It relieves pains in the chest, when due to a cold. In many cases it has been found of great benefit in the cough of consumption. It has been found highly beneficial in dysentery, diarrhœa, and flatulent colic. It acts by producing perspiration. Its action in dyspepsia, when there is much wind in the stomach and bowels, is very decided.

Dose, of the tincture, fifteen drops, four times a day, taken in a teaspoonful of water. For a child take from one half to one fourth the quantity. For a cold use the infusion or tea, steep one ounce of the dried root in twelve ounces of water, dose, for an adult, a wineglass full taken hot every half hour until perspiration is produced.

ASCLEPIAS TUBEROSA.



PLEURISY ROOT.

ACONITUM NAPELLUS. .

(Monks Hood, wolfsbane.)

Part used, is tincture of the root.

This plant possesses an energetic acro-narcotic poison. nevertheless, when properly given it is one of the best, and most useful remedies possessed by the medical profession in acute local rheumatism, as in stiff neck, lumbago, or sciatica resulting from a draught, acute inflammation of the eyes, the first stages of pneumonia, inflammation of the stomach and bowels.

Aconite is a grand remedy in diseases of childhood, when the little one is restless, has fever and chills, is thirsty, vomits and when there is diarrhoea. But its greatest success has been achieved in the treatment of a fever that is the result of inflammation due to exposure, to a checking of the perspiration, etc. When the patient is hot and cold in rapid succession, thirsty and restless, having a constant desire to change position, aching all over the body, sharp, darting pains in the muscles, no matter what the disease may be, whether a cold, inflammation of the lungs, liver or stomach, aconite will soon cause decided improvement.

Dose:—Put from five to eight drops of the tincture in one half goblet of water, give one teaspoonful of the solution every hour.

BETH ROOT.

Latin name:—*Trillium Pendulum*.

Common names:—Beth root, rattle snake root, wake robin, cough root, ground lily.

Part used, the whole plant. Grows in all parts of North America.

Medical Properties:—Beth root has been employed successfully in hemorrhage from the lungs, stomach, kidneys, and uterus. Has been of great service in leucorrhœa (whites), asthma, and difficult breathing. Boiled in milk it has been found of value in the treatment of diarrhœa and dysentery.

It is highly recommended to check too profuse flow at the menstrual period. It has been used with good results in the treatment of diabetes. Dose, of the powder, to check hemorrhage, one drachm. For too profuse menstrual discharge, five drops of the tincture every three hours.

TRILLIUM LATIFOLIUM.



BETH-ROOT

SANGUINARIA CANADENSIS.



BLOOD ROOT.

BLOOD ROOT.

Latin name:—*Sanguinaria Canadensis*.

Locality:—Found growing on low grounds, among rocks, in meadows, or in woods near meadows.

Medical properties:—Taken in large doses it produces vomiting, heat in the stomach, and often a faint feeling. It is a most important agent in the treatment of diseases of the chest. In inflammation of the right lung it has done wonders. It assists in expectorating the accumulation in the bronchial tubes, in removing consolidations and pain due to engorgements. In plethoric habits, when the face is a dusky red, the breathing hard and the expectoration of a dark brown color, blood root is especially indicated. It has been used in the form of snuff, to cure nasal polypi. It is used in sore throat and croup, jaundice, enlarged glands and in scrofulous habits, etc.

It is in sick headache that this valuable plant has obtained its greatest reputation, when the pain begins in the morning, gradually increases during the day, and is better in a darkened room. The pain first makes its appearance in the back of the head, and gradually spreads over to the front, when it reaches the eye it ends in vomiting. This kind of headache is often found to accompany the menstrual period, and especially found at the change of life, when there is flushing of the face also. Dose, five drops of the tincture in water several times a day.

BLACKSNAKE ROOT.

Latin name:—*Actea Racemosa*.

Common names:—Squa root, rich weed, rattle weed, black cohosh.

History:—It grows all over the United States, is of common use among the Indians. It blossoms in June and July, its seeds are ripe in August. The whole plant is used in medicine. It grows on the hill sides in the open woods, very scarce on the mountains and low swampy ground.

Medical properties:—It is an article much used by the Indians for rheumatism, and to assist childbirth. It possesses an undoubted influence over the nervous system, and has been successfully used in St. Vitus dance, convulsions at the menstrual period, epilepsy, asthma, delirium tremens, and many spasmodic affections. In acute muscular rheumatism, neuralgia, suppression of the menses, and leucorrhoea, it is highly recommended. It markedly increases labor pains. In neuralgia, periodic sick headache, inflammation of the spine, neuralgia of the ovaries, crick in the back, it has been much used with great success. It is one of the best remedies in after pains.

Dose:—In inflammatory diseases and neuralgia, give five drops of the tincture every hour for ten doses, then every two or three hours. For after pains, put ten drops of the tincture in one half goblet of water, give one teaspoonful of the solution every fifteen minutes if the pain is severe, if slight, every hour, or two hours.

BLACK COHOSH.



ACTEA RACEMOSA.

EUPATORIUM PERFOLIATUM.



BONESET.

BONESET.

Latin name:—*Eupatorium Perfoliatum*.

Common names:—Boneset, thoroughwort, fever wort, sweating plant, cross-wort, Indian sage, ague weed, vegetable antimony.

History:—A very striking plant, easily recognized among others, even when not in bloom, by its leaf being a point, joined at the base, and perforated by the stem. The plant blossoms from August to October.

Locality:—Common in meadows and swamps, near streams, found throughout the United States.

Part used, flowers and leaves.

Medical Properties:—In large doses, emetic and cathartic. It possesses very active medical properties, according to the dose administered. It has been given in intermittent fevers and agues with complete success, either in infusion or decoction. There are many cases where in ague all other means having failed, a strong infusion of boneset cured the case. In the beginning of a hard cold, or influenza, if a person will go to bed and drink freely of a strong hot tea of the leaves of boneset, either dried or fresh, it will soon break up the attack, and in twenty-four hours they are well again.

BUCHU AND UVA URSI

are largely used in bladder derangements as catarrh of the bladder, straining when urinating, etc. For this purpose a cold infusion may be used, by adding a handful of the leaves to a pint of water, allow them to stand a few hours. Dose, one teaspoonful every hour. Or, five drops of the fluid extract may be taken in a teaspoonful of water four times a day, before meals and on retiring.

CHAMOMILLA.

A German plant supposed to be identical, so far as its medical properties are concerned, with our wild American Chamomile. Part used, the flowers.

Medical Properties:—From the flowers of this plant we prepare an infusion or tincture. It is one of the most important remedial agents in diseases of children known to the medical profession. No remedy is of so much importance in derangements of the stomach when there is flatulence and colic. When the child is teething, and is fretful and peevish, wants to be carried all the time, it vomits and has diarrhoea of a greenish character, the stool looks like spinach, then chamomilla is indicated. In fevers, one cheek red and the other white, symptoms of worms, the child worries and is almost distracted. It is a powerful agent in cramps and convulsions of nervous women and children. The pain and distress is always worse at night, whether it be toothache, earache, abdominal colic or neuralgia. The large majority of colds and coughs of children, when accompanied with chills and fever, can be quickly stopped by aconite or chamomilla. The flowers steeped in milk make an excellent application to glandular swelling, due to cold.

Dose:—Steep one ounce of the flowers in eight ounces of water, strain, sweeten to taste, give from one to four teaspoonfuls to a dose. Of the tincture, put ten drops into four ounces of water, a teaspoonful of the solution once an hour.

CAROLINA PINK.

Latin name:—*Spigelia Marilandica*.

This plant is found growing in the southern states from Maryland to Florida.

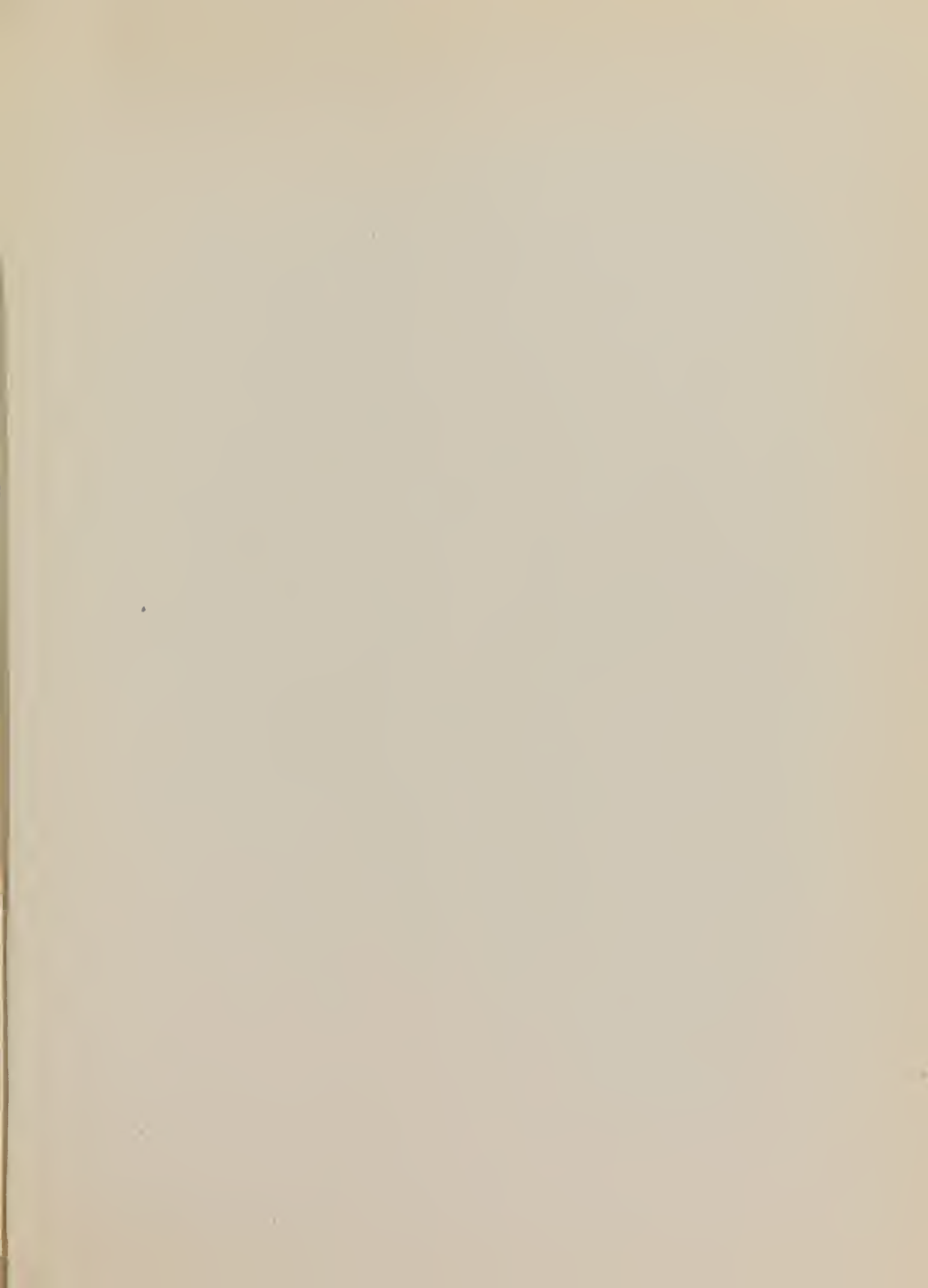
Medical Properties:—This article is well known to possess surprising vermifuge properties, which act particularly upon the round worm, and destroy them. A large percent of the patent medicines upon the market contain spigelia as one of their principal agents. In large doses it is more or less poisonous. Pink Root will quickly remove symptoms which indicate worms, as fevers, twitching around the eyes, in the muscles, choking, and a constant desire to swallow, sharp pain around the heart. It has been found of great benefit in rheumatism of the eyes, and heart, or other parts of the body when there is a tendency to change position frequently.

Dose, fifteen drops of the tincture in a half goblet of water, one teaspoonful of the solution every hour, or every ten minutes if the case is urgent. For worms or worm fever, give five drops of the tincture once in two or three hours.

SPIGELIA MARILANDICA.



PINK ROOT.



No. 31.

CHELIDONIUM MAJUS.



GREAT CELADINE.

CALANDINE.

Latin name:—*Chelidonium Majus*.

Description:—The plant grows about two or three feet high, has many tender, round, green, watery stalks, with large joints, very brittle and transparent; leaves large and very tender; the flowers consist of four yellow leaves, after which come long pods, which when pressed fly into pieces.

Locality:—This plant grows in meadows, and along the side of running brooks, and low marshy places; found throughout the United States.

Medical Properties:—An excellent remedy in liver disease, when there is pain in the right side and under the right shoulder blade. The pain is of a dull heavy character.

One of the best of all remedies in jaundice, due to catarrh of the small end of the stomach. It has a specific action on the system, removing ague-cake, etc. In large doses it acts as a cathartic. It frequently cures piles by its action on the liver. The fresh juice applied to warts, quickly cures them. An ointment of the roots, made by boiling them in lard, is useful in piles, salt rheum, or tetter, ring worm, etc. *Chelidonium* has been found of value in whooping cough, and has been of very decided benefit in inflammation of the lungs, especially the right, when the liver is involved at the same time. It has been highly praised by some physicians in catarrhal diseases of young children, where there is excessive secretion with inability to raise or dislodge it. It has been also found of great benefit in inflammation of the kidneys, with dropsy and swelling at the ankles. The tincture is the preparation used for internal medication. Dose three drops in a teaspoonful of water every two or three hours. Or a tea may be made by steeping one ounce of the fresh plant in one pint of water, strain, add enough water to make a pint. Dose one half teacupful four times a day.

CRANESBILL. (*Geranium*.)

This plant is the common wild geranium, the root is the part used. It is a pure astringent, and may be used in diarrhoea of a subacute or chronic character, and in diabetes. The root when sliced, bruised and boiled in milk makes an excellent preparation in cholera infantum. An ounce and a half of the root, boiled in a pint and a half of water, down to a pint, is used in sore mouth and throat, in leucorrhoea (whites), hemorrhages, etc. It has also been used in gravel and hemorrhage of the kidneys.

GERANIUM MACULATUM.



CRANESBILL.

DWARF ELDER.

Latin name:—*Aralia Hiepida*.

Parts used, flowers, berries, and inner bark, also the roots. This plant grows abundantly throughout the United States. Flowers in July and August, berries ripen in September.

Medical Properties:—This (Dwarf Elder) and the *Apocynum Cannabinum*, are among the foremost American plants to be used in the treatment of dropsy. It has been found very valuable in gravel, suppression of the urine, and other urinary disorders. Dose, of the decoction, two to four ounces three or four times a day. Of the tincture from ten to sixty drops.

GENTIAN.

Part used, the root.

Medical Properties:—This is a powerful and very useful tonic. It enters into nearly all the nostrums and patent medicines for dyspepsia on the market. It improves the appetite strengthens digestion, gives more force to the circulation, and slightly elevates the heat of the body. Used in cases of general debility, and in all cases when a tonic is required, dyspepsia, gout, non-appearance of the menses, hysteria, scrofula, intermittent fever, or ague, diarrhoea, worms, etc. Dose, of the tincture, from ten drops to one teaspoonful. Of the infusion from a half to one ounce. In either case taken three or four times a day. The infusion is made by steeping one ounce of the bruised root in a pint of water.

GENTIANA LUTEA



GENTIAN.

HYDRASTIS CANADENSIS.



GOLDEN SEAL.

GOLDEN SEAL.

Latin name:—*Hydrastis Canadensis*.

Common names:—Yellow puccoon, yellow root, ground raspberry, orange root, etc.

Locality:—In rich sandy woods, on the banks of rivers, sides of hills and deep valleys. Part used the root.

It is one of the best of tonics, and generally a laxative, which makes it very appropriate in dyspeptic disorders. It has been used in treating catarrhal diseases of the eyes, nose, throat and vagina. It has been of great benefit as an injection in the treatment of leucorrhoea (whites) and as an application in sore mouth, ulcers, etc. It has been greatly valued by some physicians in the treatment of cancer, internally it has earned a deserved reputation in the treatment of dyspepsia, remittent, intermittent and bilious fevers, erysipelas, torpor of the liver, and above all chronic constipation. Catarrh of the bladder and urinary tract has been frequently cured by this agent. Dose, of the tincture, from five to thirty drops in a half tumbler of water, one teaspoonful every hour. This in acute diseases. In chronic dyspepsia, constipation, etc., ten drops of the tincture three or four times a day. For local application, as injections for leucorrhoea, for catarrhal affections, sore mouth, ulcerations, etc., to one part of the tincture add six parts of water. Use several times a day.

IPECACUANHA.

This plant has powerful emetic properties, when given in proper doses, about thirty grains of the powder. It acts powerfully upon the mucous membrane of the stomach, producing free vomiting. It has been found of great benefit in bleeding from the lungs, although it is in bleeding from the uterus and bowels that it displays its best powers. In small doses it is of benefit in dyspepsia.

To produce vomiting, from three to thirty grains of the powder are required. It is one of the best remedies in mucous diarrhoea and in dysentery

Boil three drachms in a quart of water, down to a pint, strain and inject into the rectum one half of the quantity at a time about three hours apart. In catarrhal inflammation of the bronchial tubes, asthmatic breathing, continued sneezing, spasmodic cough, etc., when caused by what is ordinarily understood by catching cold, ipecac is the first remedy to be thought of. Catarrh of the nose and throat of children, rattling when breathing, asthma and croup are often quickly relieved by it. The syrup or tincture may be given in repeated doses until it causes nausea or vomiting. It is highly recommended in the treatment of ague. In hemorrhage from the lungs or womb, the patient should be as quiet as possible. Give about three drops of the tincture every fifteen minutes until relieved.

JUNIPER.

Part used, the berries, which are ripe in June.

Locality:—Grows in abundance in the State of New York, along the banks of rivers.

Medical Properties:—The berries, or essential oil, are possessed of powerful diuretic properties, having a decided stimulating action upon the kidneys, increasing the urinary flow. Its principal use is in stoppage of the urine, and in dropsy.

The berries may be given in the form of an infusion or tea and the oil four to six drops on sugar, three or four times a day.

LOBELIA.

Latin name:—*Lobelia Inflata*.

Common names:—Indian tobacco, emetic weed, wild tobacco, asthma weed, etc.

This plant blossoms from June to November. The flowers are very small. When the stalk or branches are broken a milky acrid juice is emitted. It is found growing all over the United States.

Medical Properties;—*Lobelia* is a very valuable plant, containing many active medicinal properties. It was first used by the Indians as an emetic. It exerts a peculiar stimulation upon the bronchial tubes, expelling any mucus that may have collected in them, hence its great value in asthma, croup, and in pulmonary diseases generally. It ranks with ipecac as an emetic to throw off poisons from the stomach. It has been used with success in the treatment of the bronchial tubes, and in moist asthma.

Dose:—From one half to one drachm in a half goblet of water, one teaspoonful of the solution every hour. As an emetic from two to four fluid drachms at a dose.

LOBELIA INFLATA.



LOBELIA.

HEDEOMA POLYGYOIDES



AMERICAN PENNYROYAL.

PENNYROYAL.

This is a stimulant. It may be given to advantage in flatulent colic. It has been used with success in muscular rheumatism, and to restore the menses when they are suppressed, as a result of a sudden check of the perspiration, from "catching" cold, etc. It is best administered in the form of hot tea, used in conjunction with hot foot and hip bath. A tea or infusion is prepared by steeping one ounce of the plant in a pint of water.

Dose, a wine glassful every half hour, until perspiration is induced.



PLANTAIN.

Latin name:—*Plantago Majus*.

Common name:—large plantain.

Medical Properties:—This plant is held in high repute in the cure of bites from poisonous serpents and insects. The leaves simmered in spirits or fresh butter make an excellent ointment for salt rheum and tetter. In case of a bite from a snake or poisonous insect, chew the leaves and apply the juice to the spot bitten.

A negro at the South obtained his freedom by disclosing a nostrum for the bite of snakes, the basis of which was plantago. A writer many years ago stated that a toad in fighting with a spider, as often as it was bitten retired a few steps, ate of the plantain, and then renewed the attack. He was deprived of the plant and soon died.

The bruised leaves make an excellent poultice for bruises, boils, etc. It is said that to chew the leaves for several days will destroy the taste for tobacco. It has been found to do excellent service in toothache. Chew the leaves and swallow the juice.

PLANTAIN. MARQUE.



PLANTAIN.

DATURA STRAMONIUM.



THORN APPLE.

THORN APPLE.

Latin name:—*Datura Stramonium*.

English name:—Common thorn apple.

Common name:—Jamestown weed, stink weed.

Parts used, leaves and seeds

Locality:—It is one of the wandering plants common to all parts of the world. It is more commonly met with along the road side and in the open fields.

Medical Properties:—A strong poison. It has been given in mania, epilepsy, and other nervous diseases. It is not a safe plant to use as a domestic medicine, except in one form which is the leaves, to smoke in asthma. Take of the fresh leaves of stramonium, soak them for thirty-four hours in a ten percent solution of salt petre, when dry, smoke the leaves either mixed with tobacco or without, inhaling the smoke.

TANSY

has been in use for hundreds of years as a domestic medicine in the treatment of worms, dropsy, and suppression of the menses. It must be used with care as it is heating, and sometimes produces inflammation of the stomach. To bring on the menses, take from one to two ounces of the flowers and steep in a pint of water. Dose, one or two ounces every hour or two. It may be used in the same way, followed by a cathartic in the treatment of worms. Do not give it to children except in milder doses. The dose of the oil is from one to four drops.

VIBURNUM OPULUS (high cranberry), CRAMP BARK

is one of the very best medicines for the pains and cramps associated with the monthly periods of some women, also in the cramps of pregnancy. In consequence of this property it is generally known as Cramp-bark. It is very effective in relaxing cramps and spasms of all kinds, as asthma, hysteria, etc. It is supposed to have the power to prevent convulsions during pregnancy. Women who are liable to such attacks should take ten drops of the tincture once a day for one or two months before the end of the term.

CHIMAPHILLA, PRINCESS PINE, (wintergreen).

This agent is largely used in diseases of the kidneys and urinary tract, in catarrh of the bladder, dropsy and scrofula, in gravel and hemorrhages of the kidneys. The best form in which to take it is the decoction or fluid extract. To make the decoction take one ounce of the plant to one pint of boiling water. Dose, either hot or cold, about one ounce every two or three hours.



PULSATILLA.

Used in the form of a tincture, has won a reputation by its power to relieve painful menstruation. It is of most benefit in women of a despondent mental condition, women who cry easily, also when the menses are scanty and delayed, being of a dark color, accompanied with colic and an anxious melancholy. This is also an excellent remedy for catarrh when the characteristic mental traits are present, and the catarrh whether from the nose, throat, or vaginia is of a thick greenish character and the patient has a loathing for fat foods, even the odor of cooking is offensive. It is the most potent agent to remove swelling of the testicles when due to mitastasis of mumps.

There is no remedial agent that will equal this plant in curing leucorrhoea or whites, for this purpose take five drops of the homoeopathic tincture three times a day.

ROSE WILLOW.

Latin name: *Cornus Sericea*.

English name:—Round-leaved dogwood.

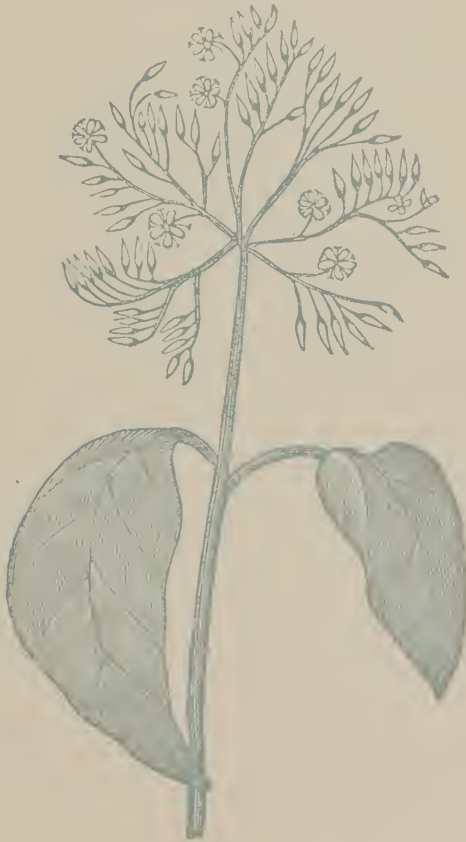
Common names:—green ozier, red rod and red willow.

Description:—This tree is about the size of a small apple tree and covered with a greenish colored bark, very red within. The flowers resemble a bunch of roses, from whence it derives its name.

Locality:—It grows near brooks, along the banks of rivers and on upland meadows. It is known throughout the United States as red rose willow, which distinguishes it from the black willow, or puss willow, which grows in swamps or along the sides of moist meadows.

Medical Properties:—It is a powerful astringent and tonic. Preferred by some to peruvian bark or columbo and is much employed in the United States for diarrhoea and dyspepsia, but it is too heating in fevers. It is an excellent remedy in vomiting, especially when the vomiting arises from pregnancy and disease of the uterus. In sore mouth, of both infants and mother, it is one of the leading curative agents. A tea made of the bark may be used to swab the baby's mouth, and if there is looseness of the bowels, the little one may be encouraged to swallow a little from time to time. It should not be swallowed when there is much fever. A child or adult may chew the bark and swallow the liquid.

CORNUS SERICEA



ROSE WILLOW.

CONVALLARIA MULTIFLORA.



SOLOMON'S SEAL.

SOLOMON'S SEAL.

Latin name:—Convallaria Multiflora.

Description:—The plant grows six or seven inches high, leaves of a dark green color, flowers hang on the sides of the stalk, producing red berries.

Locality:—It grows on the sides of meadows, high banks and mountains in every part of the United States.

Medical Properties:—The roots are astringent. Cooked in lard it makes an ointment for piles. In the form of a strong tea used as an injection it cures leucorrhœa, (whites) given internally it checks immoderate flow of the menses arising from female weakness. In piles, the root chewed and swallowed, or an infusion drank as freely as the stomach will hold will give prompt relief. In erysipelas, and poison by ivy vines, the decoction of the root will afford immediate relief.

Solomon's Seal (root) four ounces; water, two pints; molasses, one pint; simmered down to one pint, then strain and evaporated to the consistency of a thick fluid, forms with one ounce of powdered rosin, an excellent remedy for piles in doses of a teaspoonful several times a day.

SAFFRON.

Latin name:—*Crocus Sativus*.

English name:— garden saffron

Description:—The root is a small bulb, standing upon a larger, with a multitude of fibres growing from the base. Four or five leaves arise from the root, of a dark green, narrow and grassy, about five inches long. From the same root arises a stalk four inches high, sustaining a single flower, of an orange color, which is the part used in practice.

Medical Properties:—In small doses it produces sweating; in large doses it acts upon the whole body as a stimulus. It has a decided action on the uterus, quieting the backache, which is sometimes experienced at the menstrual periods, especially is this the case when there is general debility of the system, as chlorosis. It possesses great power to bring on the menses, to regulate the flow when either too free or too scant, if the blood is blackish or clotted. Many cases of too free flowing at the monthly periods have been cured when the discharge had the above characteristics. It has cured many cases at the change of life, when there was a sensation as of something alive in the abdomen, and the woman considered herself pregnant which was not the case. Dose, of the tincture, from ten drops to one teaspoonful three times a day. Of the infusion prepared by steeping one ounce of the flowers in a pint of water and straining, one ounce three or four times a day.

HAMAMELIS VIRGINICA.



WITCH HAZEL.

WITCH HAZEL.

Latin name:—*Hamamelis Virginica*.

Common names :—snapping hazelnut, winter bloom, etc.

This bush is not unlike the ordinary hazelnut bush in appearance. The fruit is a nut-like capsule, similar to the hazelnut, although smaller. The shrub blossoms in winter, when no other tree is in bloom. The blossoms remain from October to February. The fruit remains on throughout the whole year until the next Fall, and then explodes with a noise, scattering the seed around. This plant grows in nearly all parts of the United States, especially in the damp woods. The leaves are spotted.

Medical Properties:—Witch hazel is tonic and astringent. The bark and leaves are the parts used. It has been found very beneficial in hemorrhage from the lungs, stomach, bowels, and elsewhere. In fact it is one of the best remedies known to the medical profession for hemorrhage of the veins, varicose veins, piles and dysenteries. Boil the bark or leaves in water, strain, add this liquid to one-third the amount of lard, boil down to a paste, use as an ointment in piles. For varicose veins, bleeding piles, milkleg, diarrhœa or dysentery, drink freely of an infusion or decoction. There is no remedy superior to it for local application in sprains. Of the distilled extract take one pint to two of water. Use the decoction without addition of water and apply to the sprain, keeping constantly wet. In uterine flow, when excessive, one half teaspoonful of the tincture in a half glass of water. Dose, one teaspoonful frequently repeated until the flow ceases. It may also be used in this way in those hemorrhages following abortion, or parturition. It should not be forgotten that this is a valuable medicine in chronic diarrhœa, and cholera infantum. In the latter case, the symptoms are so alarming and the disease makes such rapid progress that it is often too late to do anything by the time a physician can be had. If a tea is made from the leaves or bark, it will often check the disease in the early stages.

ARTEMISIA ABSINTHIUM



WORMWOOD.

WORMWOOD.

Latin name:—*Artemisia Absinthium*.

Medical Properties:—Wormwood is possessed of very valuable stimulant and tonic properties. If administered in large doses it is apt to create heat, thirst, and other symptoms of irritation of the stomach. An alcoloid of this plant made from its seeds, is called *santonin*, the preparation which enters into the formation of nearly all worm lozenges. The plant is used externally as a fomentation in bruises and sprains. Dose, of a cold infusion, from a teaspoonful to an ounce, of the *santonin* one eighth of a grain at a time. For the treatment of pin worms, inject one ounce of the infusion into the rectum once a day for two or three weeks. Wormwood also possesses great power in curing fits when due to irritation of the stomach and bowels, as by worms, etc.

OX GALL.

This is an excellent article in some forms of dyspepsia, when there is great distress after meals, a sensation of bloating in the stomach and pain and distress under the short ribs on the right side, in the region of the small end of the stomach. It acts by assisting the digestion of the fats in the food. To prepare, take ordinary ox gall, dry it, make it into pills about the size of an ordinary pea, take one pill just after meals.

NEURALGIA.

No. 1. For local application, menthol stands at the head. Menthol is the crystals of peppermint. Dissolve one drachm in an ounce of alcohol and apply to the seat of pain.

No. 2. Oil of amber, one half ounce.

Oil of sassafras, one half ounce.

Oil of lobelia, one drachm.

Oil of capsicum, one half drachm.

Mix and apply to the seat of pain.

No. 3. Take of the leaves of the *cirsium lanceolatum*, "bull" thistle a sufficient quantity, pound them in a cloth and bind them on the affected part. At the same time fill a gallon vessel full of the leaves, pressing them down tight, put in as much water as it will hold, boil down to a half gallon, let it cool, strain, and drink a wineglassful twice a day

No. 4. Moisten a woolen cloth with vinegar, heat a flatiron, put the cloth over the seat of pain, and slowly iron over it. This constitutes one of the best home treatments in lumbago and sciatica.

TOOTHACHE.

A few drops of the juice of the plantain taken internally, will often stop it.

If there is a cavity in the tooth, moisten a small piece of cotton with oil of cloves or kreo-sote and introduce it into the cavity.

OINTMENTS.

Ointment for Syphilitic eruptions. One part of ammoniate of mercury and three parts of oxide of zinc, mixed and rubbed into a fine powder, with sufficient glycerine and lard to make a stiff cream. A few drops of olive oil facilitates the mixture of all these. It is really astonishing how a few applications of this will make a very perceptible rash disappear in a few days.

MARIGOLD OINTMENT:—Used in eczema, chapped nipples, cuts and sores. Take of marigold flowers, one half ounce; mutton tallow, two ounces. Melt the mutton tallow, put in the flowers and permit it to simmer for an hour, strain through a cloth, put into tin boxes and let stand; in case of sore nipples apply a little after nursing. For chapped hands, apply a little of the ointment after washing.

MAGNETIC OINTMENT:—Elderbark, spikenard and yellow dock roots, of each one pound; boil in two gallons of water down to one; then press the strength out of the roots, and boil the liquid down to half a gallon; add eight pounds of the best rosin, one pound of beeswax, and tallow enough

to soften. Roll into rolls and apply by warming and spreading on linen.

CHILBLAIN OINTMENT:—Take of gall-nuts, in very fine powder, one drachm avoirdupois; spermaceti cerate, seven drachms. Mix, add pure glycerine, two drachms, and rub the whole to a uniform mass. An excellent application to obstinate, broken chilblains.

FAMILY OINTMENT:—Take the root of yellow dock and dandelion, equal parts; add half as much calandine and plantain. To three pounds of this add two gallons of water; boil down to one, then press the strength out of the roots, and boil the the liquid down to half a gallon; strain carefully and add to this liquid one half pound each of sweet cream and mutton tallow. Simmer together until no appearance of the liquid remains. Before it is quite cold put into boxes. This is one of the most soothing and healing preparations for burns, scalds, piles, cuts and sores of every description.

No. 1. **PILE OINTMENT:**—Take one drachm of pine tar, one ounce of mutton suet. Melt the suet, stir in the tar, mixing thoroughly, before cooling put in boxes. Apply directly to the pile. This is an excellent ointment in itching piles.

No. 2. **HORSE CHESTNUT OINTMENT:**—Grate the dried chestnut into a fine powder; mix one drachm

of the powder with one ounce of melted mutton tallow. Put into boxes before it cools and apply once or twice a day.

No. 3. WITCH HAZEL PILE OINTMENT:—Melt one ounce of mutton tallow, stir in thirty drops of the fluid extract of witch hazel, continue to stir over a slow fire for ten minutes, pour into boxes, and use once or twice a day.

LINIMENTS.

Arnica Liniment:—Add to one pint of sweet oil, two tablespoonfuls of tincture of arnica. Good for wounds, bruises, stiff joints, rheumatism and all injuries.

Opodledoc Liniment:—Alcohol, one half pint; camphor gum, one half ounce; good soap, one ounce; cajeput oil, one ounce. Shave the soap finely and put with the camphor gum into the alcohol and dissolve by gentle heat. When cool add the cajuput oil, shake thoroughly before it sets and pour into large-mouthed bottles. It is used to reduce enlarged joints, to scatter tumors, in neuralgia, rheumatism, paralysis, lumbago, chilblains, etc.

White Liniment:—An old and reliable article. Take eight ounces of pure cider 'vinegar; eight ounces of spirits of turpentine; one egg. The

vinegar and egg should be thoroughly mixed first, after which add the spirits of turpentine, and when the three ingredients are properly mixed, the liniment will be the color of milk. It does not blister. To be used in sprains and bruises, swellings, galls, etc. Rub it in thoroughly once or twice a day. In the galls which come on a horse's shoulder from an ill fit of collar, there is no remedial agent which will give such prompt relief.

RINGWORM OF THE SCALP.

Ten grains of iodine, dissolved in an ounce of turpentine, forms a solution eminently successful in the treatment of ringworm of the scalp, after the parts have been thoroughly washed and cleaned. It is a painless application and may be applied to any person and to any part.

CAMPBOR TABLETS FOR CHAPPED HANDS.

Melt tallow and add a little powdered camphor and glycerine, with a few drops of oil of almonds to scent. Pour in molds and cool.

Another one:—Add to one ounce of vaseline ten drops of the tincture of calendula. Mix it thoroughly. This will be found to be an excellent preparation for chapped hands, chapped lips, etc.

CORN CURE.

Soak a piece of copper in strong vinegar for twenty-four hours, pour the liquid off and bottle. Apply frequently until the corn is removed.

USEFUL RECIPES.

To remove oil or paint stains. Paint stains that are dry and old may be removed from cotton or woolen goods with chloroform. First cover the spot with oil or butter.

Paint to remove by Volatile Soap:—Four tablespoonfuls of spirits of hartshorn, four tablespoonfuls of alcohol and a tablespoonful of salt. Shake the whole well together in a bottle, and apply with a sponge or brush.

Grease from Silk:—Rub together fine chalk and lavender to the consistency of a thin paste, and apply thoroughly to the spots with the fingers place a sheet of brown or blotting paper above and below the silk, and smoothe it with a moderately heated iron. The chalk may then be removed with a brush.

Grease from carpets, to remove:—Aqua of ammonia, two ounces; soft water, one quart; salt-petre, one teaspoonful; shaving soap, one ounce. Finely scrape the soap, mix all the ingredients

together, shake well and let it stand a day or two before using, to dissolve the soap. When used pour on enough to cover any grease or oil that has been spilled, sponging and rubbing well, and applying again if necessary; then wash off with clear cold water. It is a good mixture to have in the house for many things. It is sure death to bed-bugs. It will remove paint when oil was used in mixing it, and will not injure the finest fabric.

PERFUMES, ETC.

Violet Powder:—Wheat starch, six parts by weight; orris root powder, two. Having reduced the starch to an impalpable powder, mix thoroughly with the orris root, and then perfume with otto of lemon, otto of bergamot and otto of cloves, using twice as much of the lemon as either of the others.

Perfume for Handkerchiefs:—Oil of lavender, three fluid drachms; oil of bergamot, three fluid drachms; extract of ambergris, six minims; camphor, one grain; spirits of wine, one pint. To be well shaken every day for a fortnight and then filtered.

Bouquet de la Rein:—Take one ounce of essence of bergamot, three drachms English oil of lavender,

half a drachm of oil of cloves, half a drachm of aromatic vinegar, six grains of musk and one pint and a half of rectified spirits of wine. Distill.

Cosmetic:—Melt one pound of soft soap over a slow fire with half a pint of sweet oil and add a teacupful of fine sand. Stir the mixture together until cold.

Cosmetic:—Take half a cup of water, and add to it a tablespoonful of glycerine. Add to this a tablespoonful of alcohol and a teaspoonful of cologne. Apply with a sponge or soft cotton cloth.

Freckle Lotion :—Muriate of ammonia, one drachm; cologne water, two drachms.

To make Eau de Cologne:—Rectified spirits of wine, four pints; oil of bergamot, one ounce; oil of lemon, half an ounce; oil of rosemary, half a drachm; oil of neroli, three-quarters of a drachm; oil of English lavender, one drachm; oil of orange, one drachm. Mix well, and then filter. If these proportions are too large, smaller ones may be used.

Lavender Water:—Best English lavender, four drachms; oil of cloves, half a drachm; musk, five grains; best spirits of wine, six ounces; water one ounce. Mix the oil of lavender with a little spirits first, then add the other ingredients and let it stand, being kept well corked for at least two months before it is used, shaking it frequently.

Superior Cologne Water:—Alcohol, one gallon;

add oil of cloves, lemon, nutmeg and bergamot, each one drachm; oil neroli, three and one-half drachms; seven drops oil rosemary, lavender and cassia; half a pint of spirits of nitre, half a pint of elder-flower water. Let it stand a day or two; then take a cullender, and at the bottom lay a piece of white cloth, and fill it up, one fourth of white sand, and filter through it.

Bay Run:—Saturate one-quarter pound of carbonate of magnesia with oil of bay; pulverize the magnesia, place it in a filter, and pour water through it until the desired quantity is obtained, then add alcohol. The quantity of water and alcohol employed depends on the desired strength and quantity of the bay rum. Another: oil of bay, ten fluid drachms; oil of pimento, one fluid drachm; acetic ether, two fluid drachms; alcohol, three gallons; water, two and half a gallons. Mix, and after two weeks' repose, filter.

Rose Water:—Take half an ounce of white sugar, and drop into it two or three drops of otto of rose; then grind very fine in a mortar. After it is well ground into fine powder, pour on it half a pint of cold water; grind well for a few moments, and then mix it all with one gallon of cold water. Let it stand for three or four days, and strain through fine muslin.

Otto of Roses:—Fill a large glazed earthen jar with rose leaves, carefully separated from the cups; pour upon them spring water, just sufficient to cover them, and set the jar with its contents in the sun for two or three days, taking it under cover at night. At the end of the third or fourth day, small particles of yellow oil will be seen floating on the surface of the water and which, in the course of a week, will have increased to a thin scum. The scum is the otto of roses, take it up with a little cotton tied to the end of a stick, and squeeze into a phial.

Satchet Powders for Perfuming Desks and Bureaus:—No. 1. Half an ounce of orris root powdered, four drops otto of rose, one and a half ounces of powdered starch. No. 2. Two ounces of orris root powdered, ten drops of essence of ambergris, four drops of oil of neroli. No. 3. Gum benzoin half a drachm; musk, two grains; ambergris, four grains; storax, half a drachm; one ounce powdered cloves; half an ounce powdered orange peel. Mix each recipe separately, put in cotton wool and keep in desk or bureau drawer

Sunburn Remedy:—Take two drachms of borax, one drachm of Roman alum, one drachm of camphor, half an ounce of sugar-candy, one pound of ox-gall; mix and stir well for ten minutes or so, and repeat this stirring three or four times a day

for a fortnight, till it appears clear and transparent. Strain through blotting paper, and bottle up for use.

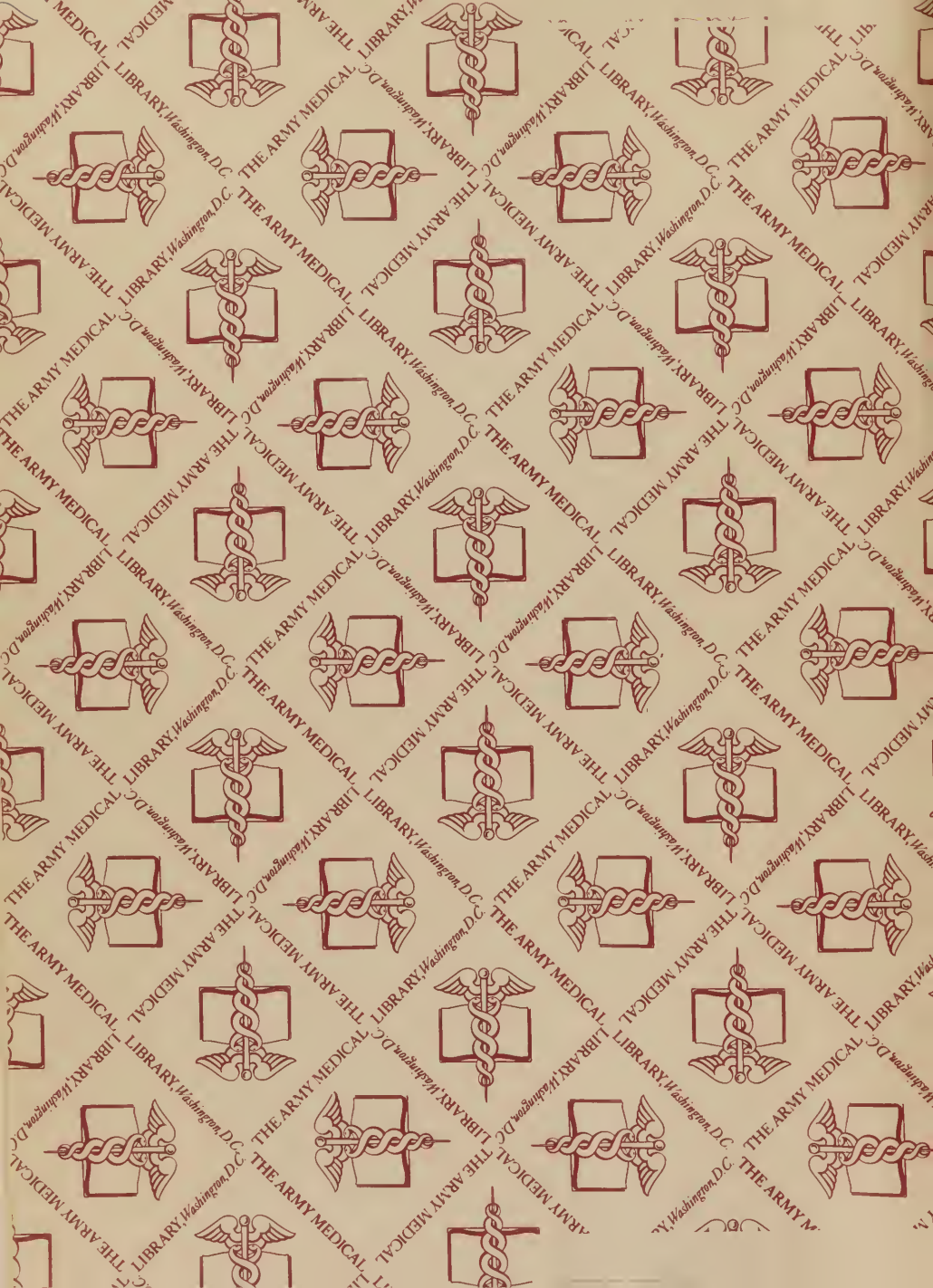
To Prevent the Hair Falling Off:—1. When the hair, after being naturally luxuriant, begins to grow thin without actually coming out in particles, use the following recipe: Take of extract of yellow Peruvian bark, fifteen grains; extract of rhatany root, eight grains; extract of burdock root and oil of nutmegs (mixed), of each, two drachms; camphor fifteen grains, dissolved with spirits of wine; beef marrow, two ounces; best olive oil, one ounce; citron juice, half a drachm; aromatic essential oil, as much as is essential to render it fragrant; mix, and make into an ointment. Two drachms of bergamot and a few drops of attar of roses would suffice. This is to be used every morning. 2. To prevent hair from falling out or turning gray, take a teacupful of dried sage, and boil in a quart of soft water for twenty minutes. Strain it off, and add a piece of borax the size of an English walnut; pulverize the borax. Put the sage tea, when cool, into a quart bottle: add the borax, shake well together, and keep in a cool place. Brush the hair thoroughly, and rub the fluid well on the head with the hand. Then after a good hard rubbing, brush the hair well before the fire, so it will become dry.

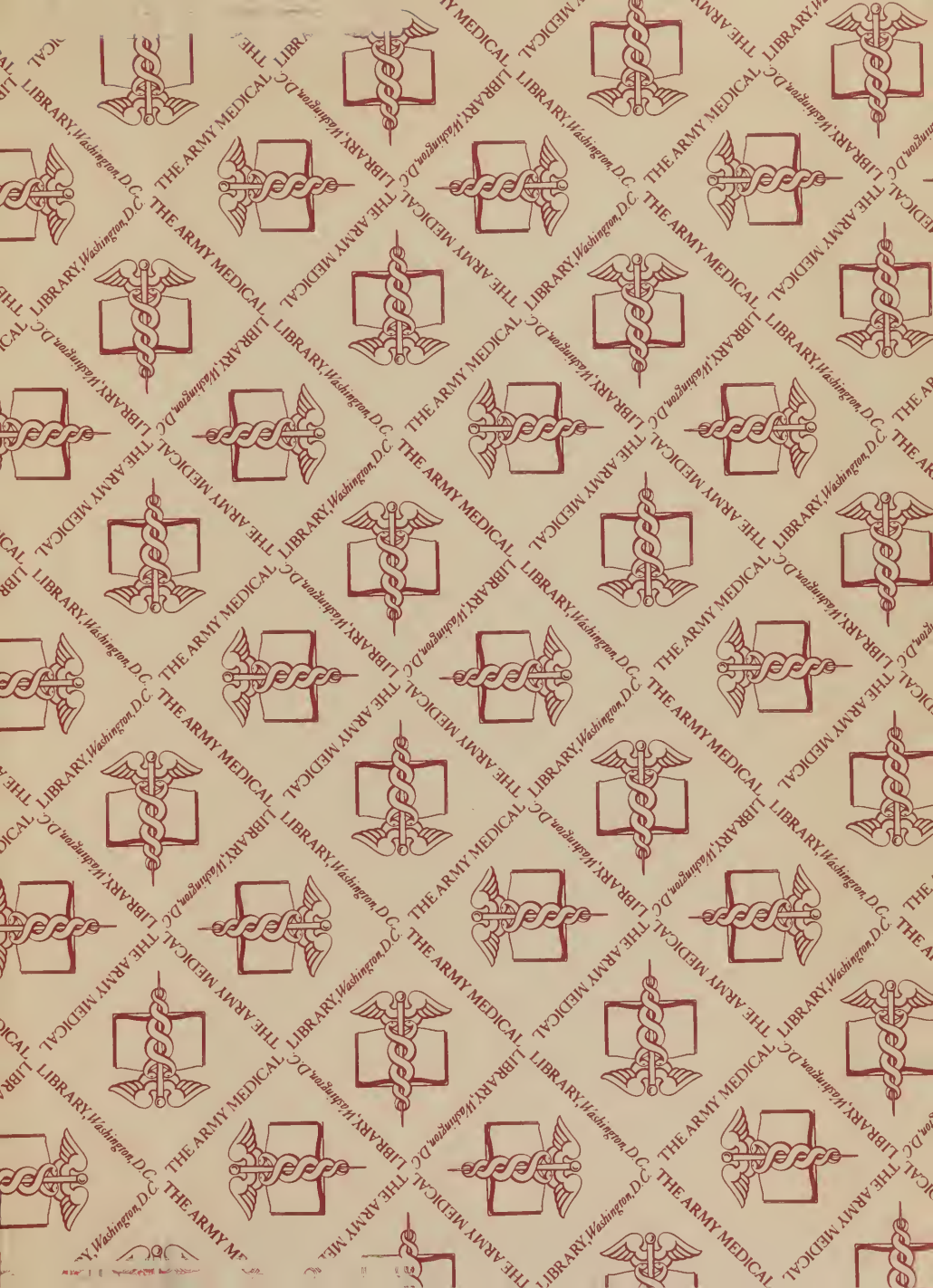
INDEX.

Abortion.....	137	After-birth.....	115
After-pains.....	119	Ague.....	285
Antidotes to Poisons.....	276	Appetite, to Promote.....	292
Artificial Respiration.....	275	Asclepias Tuberosa.....	280
Asthma.....	226 266 294	Astringents.....	344
Atmosphere, Effects of.....	42		
Baby, How to Feed.....	33	Baby, Care of Bottle.....	37
Baby, How to Dress.....	124	Bath, Hip.....	89
Bath, Foot.....	89	Baths.....	47 270
Beef, Raw, How to Prepare.....	15	Backache.....	206
Beef Tea, Rules.....	17	Beef Tea.....	16
Bladder, Inflammation of.....	217	Bed, Dampness of.....	45
Blood, Loss of.....	274	Bladder, Derangement of.....	286
Broths.....	20	Boils.....	252
Broths, Chicken.....	21	Broths, Mutton.....	21
Burns.....	251	Broths, Wild Fowl, Rabbit, etc.....	21
Breasts, Abscesses of.....	131 133	Bread.....	31
Bruises.....	208	Bronchitis.....	168 296
Carbuncles.....	252	Catarrh.....	293 303
Camphor Tablets.....	314	Change of Life.....	79 93
Chlorosis.....	82	Child, New Born, Care of.....	115
Child-birth, management of.....	122	Children, Diseases of.....	149
Cholera Infantum.....	153 290 307	Cholera Morbus.....	200
Chapped Hands.....	314	Consumption, Raw Beef in.....	15
Consumption, Kumys in.....	31	Consumption in Children.....	159
Consumption.....	105 235	Cough, Whooping.....	174
Consumption, Cough.....	280	Cough.....	225 294
Colic.....	193 224 288	Constipation.....	194
Croup.....	170 296 283 294	Cutting Teeth.....	159
Corns.....	253 315		
Dandruff.....	256	Development, Physical.....	70
Dentition.....	159	Death Teast.....	223
Diet, Errors in.....	9	Diet for Sick.....	26 63
Disinfectants.....	51 63	Diarrhoea, Lime Water in.....	41
Diarrhoea, in Children.....	156	Diarrhoea.....	105 201 288 3 4 307
Diuretic.....	295	Dismenorrhoea.....	90
Dress, Improper Methods of.....	72	Dropsy.....	289 291
Dress Reform.....	74	Drowning.....	275
Diphtheria.....	176	Dysentery.....	18 202 308
Dyspepsia.....	189 292 304 309		

Ear, Things in	257	Expectorant	280
Eczema	246	Exposure	42
Eggs	24	Eye, Things in	257,
Erysipelas	243 305		
Feet, Wet	45	Flooding	91 116
Fever, Scarlet	179	Flatulency	192 288 297
Fever, Miliary	184	Food for Sick	40
Fever, Bilious	293	Food, Temperance in	7
Fever, Lung	229	Food, How to Eat	13
Fever, Aconite in	281	Fowls	19
Felons	254	Foreign Bodies { Eye }	257
Fits	208	{ Ear }	
Fish, Shell Oyster	22	{ Nose }	20
Fish, Clam, Lobster	23	Frogs' Legs	25
		Fruits	
Game, Wild	18		
Gestation, Stage of	100	Gravel	290 291
Green Disease	82	Grease, to Remove	315
Hysteria	84 301	Hemorrhage of Lungs, etc.	284 294 307
Hives	249	Headache	283
Indigestion	187	Influenza	222 285
Indigestion, in Children.	150	Itch	245
Jaundice	210 283 289		
Kidney, Inflammation of	215	Kidney Diseases	302
Kidney, Hemorrhage of	290		
Labor, Signs of	108	Lime Water	41
Labor, Conduct of	110 284	Liniments	313
LaGrippe	222 285	Liver Disease	289
Laxation	293	Light, Effects of	46
Leucorrhoea	146 284 290 293 303 305	Lung Fever	229 283 289
Maturity	68	Menstruation, Painful	301 303
Marriage, Dangers of	71 81	Measles	182
Masturbation	85	Milk	24
Meats	15	Milk, First Appearance of	131
Meats, Diseased	23	Milk, to dry up	134
Meats, Fat and Lean	18	Milk Leg	136
Menstruation	79 88	Monthly Flow, to establish	79 88 89
Menstruation, too Profuse	282 305	Monthly Derangements	88 91
Menses, Cessation of	79	Mother, Care of after labor	116
Menses, to regulate	306	Mumps	221 303
Menstruation, Suppressed	397	Mutton Suet	18
Menstruation, Delayed	300	Mutton and Lamb	17

Neuralgia	284 310	Nose, Things in the.....	258
Nipple, Cracked.....	131	Nurse, Duties of	55
Obstetric Calendar.....	101	Ointments	311
Paint, to remove.....	315	Poisoning, Insects, Serpents, etc.....	298
Perfumes.....	316	Poisoning, Ivy	305
Pimples.....	248	Pregnancy.....	102
Piles.....	137, 212, 289, 305, 307	Pork.....	18
Pneumonia.....	227, 280 281 283	Pulse.....	65
Pleurisy.....	232	Puberty	71 75
Poisoning.....	250 276		
Quinsy.....	219		
Reproduction	96 99	Rheumatism	284 288 297
Respiration.....	167	Ringworm.....	248 289 314
Receipts	315		
Salt Rheum.....	246 289	Sprains	255 307 308
Sick Room	149	Styes.....	251
Sour Stomach	41 102	St. Vitus Dance	284
Sore Mouth.....	135 293 304	Sweating Feet.....	254
Tetter.....	246 289 298	Throat, Things in	259
Tender Feet	255	Tooth Ache.....	298 310
Teeth, Care of	164	Tonic.....	292 293 304 307
Thumb Sucking.....	163	Tongue, indications in disease.....	64
Ulcers	261	Urine, Suppression of	291 295
Urinary Derangements.....	106	Urticaia.....	249
Vegetables.....	25	Vomiting, of Pregnancy	308
Vomiting.....	63	Vomiting, in Children	152
Wasting in Children	150	Whites.....	146 293 305
Warts.....	289	Whooping Cough.....	174 289
Weakness.....	140	Womb, Displacements of.....	140
Wetting of Bed.....	189	Worms.....	205 300 308





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